

CREDITABLE FOODS GUIDE

Missouri Department of Health and Senior Services
Child and Adult Care Food Program



Missouri Department of Health and Senior Services
Division of Community Health
Community Food and Nutrition Assistance
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Creditable Foods Guide

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INTRODUCTION

This resource has been prepared to provide information on creditable foods in child care centers, outside-school-hours care centers, at risk after school centers, family day care homes, emergency shelters, and adult day care centers participating in the Child and Adult Care Food Program (CACFP). This resource is also to be used by Summer Food Service Program sponsors.

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal. Foods are determined to be creditable based on the following factors:

- ✓ Nutrient content;
- ✓ Customary function in a meal;
- ✓ Whether they meet regulations governing the Child Nutrition Programs (on quality requirements and/or by definition);
- ✓ Whether they meet the Food and Drug Association Standards of Identity;
- ✓ Whether they meet the USDA's standards for meat and meat products; and
- ✓ Agreement with administrative policy decisions on the crediting of particular foods.

Noncreditable or "other" foods are those that are not creditable because they do not meet the above criteria. "Other" foods do not meet the requirements for any components in the meal patterns. Noncreditable foods supply calories which help meet the energy needs and may contribute additional protein, vitamins, and minerals. They can be used to round out the meal, to improve acceptability, and to satisfy appetites.

USDA reimburses child care centers, adult day care centers, and family child care homes participating in the CACFP for the complete meals it serves – not for individual foods. A meal is reimbursable if it contains those foods in the amounts outlined in the CACFP meal patterns. Therefore, a meal may be made up of both creditable and noncreditable foods.

The *Food Buying Guide for Child Nutrition Programs*, Food and Nutrition Service Program Aid number 1331, is the principle tool to determine the contribution foods make toward the meal requirements, whether foods are produced on site or purchased commercially.

The lists of creditable and noncreditable foods in this publication are not all inclusive. Contact your CACFP District Nutritionist if you have questions regarding foods not included in this guide.

MILK

MILK

Regulations require that, to be eligible for cash reimbursement, each breakfast, lunch, and supper must contain a serving of fluid milk. Fluid milk is one of the four component options for the snack. Fluid milk is not required with the supper meal in adult day care facilities.

“Milk” means pasteurized fluid types of unflavored or flavored whole milk, reduced fat milk, low fat milk, fat free milk, or cultured buttermilk which meet state and local standards for such milk. **Reconstituted dry milk does not fit the definition of fluid milk and is not creditable.** All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and be consistent with state and local standards for such milk. A full serving of milk shall be served as required in the chart below.

At breakfast you must provide a serving of fluid milk as a beverage or on cereal, or used in part for each purpose. Both lunch and supper must contain a serving of fluid milk as a beverage. Refer to the chart at the bottom of this page for quantity requirements. If milk is one of the components served for a snack, it must be fluid milk as a beverage or on cereal, or used in part for each purpose. **However, milk may not be served for snacks when juice is served as the other component.** If a participant is unable to drink milk, a medical statement signed by a recognized medical authority must be on file which states the substitute the participant can have. Low-fat or fat free milk shall not be served to children under 2 years of age. After the age of 2 years, it is recommended that children be served reduced fat, low fat, or skim milk. The introduction of whole cow milk must be delayed until the infant's first birthday for an infant meal to be claimed as reimbursable.

For adults participating in the CACFP at adult day care centers, fluid milk must be served at breakfast and lunch. Fluid milk may be served as one of the four options at snack. At breakfast and snack, milk may be served as a beverage, on cereal, or used for some of both. At lunch, milk must be served as a beverage. There is no milk required at supper for adult day care centers.

Amounts of Milk Needed for Breakfast, Lunch, Supper, and Snack

	1 thru 2	3 thru 5	6 thru 12 & SFSP 1 thru 18¹	Adult Care
Breakfast	1/2 cup	3/4 cup	1 cup	1 cup ²
Lunch	1/2 cup	3/4 cup	1 cup	1 cup ²
Supper	1/2 cup	3/4 cup	1 cup	None
Snack	1/2 cup	1/2 cup	1 cup	1 cup

¹ At-risk after school programs and emergency shelters may serve children through age 18 and SFSP sponsors may request permission, in writing, to serve smaller portions to children under the age of 6.

² Eight ounces or 1 cup of plain or flavored yogurt may be substituted for the fluid milk requirement in the adult meal pattern for breakfast or lunch. Yogurt may also be substituted for the meat/meat alternate requirement at lunch or supper. However, yogurt may not be substituted for both the fluid milk and the meat/meat alternate in the same meal.

MILK

- ✓ Fluid milk is a required component at breakfast, lunch, and supper.
- ✓ Fluid milk is one of the four options at snack.
- ✓ Milk must be served as a beverage at lunch and supper.
- ✓ Milk may be served as a beverage, on cereal, or used for some of both at breakfast and snack.
- ✓ Whole milk is recommended for children ages 1 to 2. After the age of 2, reduced fat, low fat, or skim milk is recommended to reduce the risk of obesity.
- ✓ Whole milk must not be introduced until after an infant's first birthday.
- ✓ One gallon of fluid milk equals:
 - 16 – 1 cup (8 oz) servings
 - 21 – 3/4 cup (6 oz) servings
 - 32 – 1/2 cup (4 oz) servings

MILK

Food Item	Creditable		Comments
	Yes	No	
Milk, fluid (flavored or unflavored)	X		Milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk.
Acidified Milk	X		Acidified milk is a fluid milk produced by souring fluid whole, low fat, or skim milk with an acidifying agent. See milk question #9.
Buttermilk	X		Not recommended for children under 2 years of age.
Certified Raw Milk		X	Regulations require the use of pasteurized milk. See milk question #12.
Cultured Milk	X		Cultured milk is a fluid milk produced by adding selected microorganisms to fluid, low fat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency. See milk question #10.
Lactose Reduced Milk	X		Lactose reduced milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. Participants who cannot digest the lactose in milk may benefit from a lactose reduced milk. See milk question #8.
Reduced Fat Milk (2% or 1%)	X		Not recommended for children under 2 years of age. Highly recommended for children age 2 and above.
Skim Milk (Fat Free Milk)	X		Not recommended for children under 2 years of age. Highly recommended for children age 2 and above.
Soy Milk	X		Only if it is nutritionally equivalent to whole milk, with adequate calcium, riboflavin, and vitamin A. Before using soy milk, follow all the instructions from Section 7.5 of the Center Policy and Procedure Manual or Section 10.5 of the Sponsors of Homes Policy and Procedure Manual. See milk question #11.

MILK

Food Item	Creditable		Comments
	Yes	No	
UHT (Ultra High Temperature Milk)	X		UHT is Grade A pasteurized milk that has been heated to about 280 degrees F. for a few seconds, then cooled and packaged. It can be stored without refrigeration until opened.
Whole Milk	X		Not recommended for children over the age of 2 years.
Cheeses, all types		X	Does not meet the definition of fluid milk. Creditable as a meat/meat alternate. See section on meat/meat alternates. See milk question #3.
Chocolate Milk	X		Low fat or reduced fat chocolate milk can be served to children age 2 and above
Cocoa	X		Only the fluid milk portion is creditable. Must be made with fluid milk. Cocoa made from water is not creditable. See milk question #7.
Chocolate (hot)	X		Only the fluid milk portion is creditable. Must be made with fluid milk. Hot chocolate made with water is not creditable. See milk question #7.
Cream		X	Does not meet the definition of fluid milk. See milk question #3.
Cream Sauces		X	Does not meet the definition of fluid milk. See milk question #14.
Cream Soups		X	Does not meet the definition of fluid milk.
Custard		X	Does not meet the definition of fluid milk.
Eggnog	X		Only the fluid milk portion is creditable. Must be cooked. For sanitation and safety, cannot contain raw eggs. See milk question #6.
Eggnog Flavored Milk	X		High sugar content. See milk question #6.
Evaporated Milk		X	Does not meet the definition of milk.
Frozen Yogurt		X	Does not meet the definition of fluid milk.
Goat's Milk	X		Only if it is canned, pasteurized and fortified and meets state standards for fluid milk. A medical statement must be on file for the person using the goat's milk.

MILK

Food Item	Creditable		Comments
	Yes	No	
Half and Half		X	Does not meet the definition of fluid milk.
Ice Cream		X	Does not meet the definition of fluid milk. See milk question #3.
Ice Milk		X	Does not meet the definition of fluid milk. See milk question #3.
Imitation Milk		X	Does not meet the definition of fluid milk.
Milk & Fruit Drink	X		When milk is combined with full-strength fruit juice, only the milk or juice may be credited at snack, not both. See milk question #4.
Milkshakes (homemade)	X		May be used to meet the milk component of lunches, suppers, and snacks if those milkshakes contain the minimum required quantity of fluid milk per serving appropriate for the age group being served. See milk question #2.
Milkshakes (commercial)		X	Cannot determine the amount of fluid milk used.
Pudding		X	Does not meet the definition of fluid milk. See milk question #3
Pudding Pops		X	Does not meet the definition of fluid milk. See milk question #13.
Reconstituted Non-fat Dry Milk		X	See part 226.2 of the Regulations on the continuing unavailability of milk. See milk question #1.
Sherbet		X	Does not meet the definition of fluid milk.
Sour Cream		X	Does not meet the definition of fluid milk.
Sweetened Condensed Milk		X	Does not meet the definition of fluid milk.
Yogurt		X	Does not meet the definition of fluid milk. Creditable as a meat/meat alternate for lunches, suppers, and snacks. See milk question #3.

MILK

Questions and Answers

1. Question: Why is reconstituted dry milk not creditable as fluid milk?

Answer: Reconstituted milk is not included in the definition of milk in the Program regulations. It is not possible to ensure that the quantities of dry milk and water used are adequate to provide the nutritional equivalence of fluid milk.

Part 226.20(f) of the regulations permit dry milk to be used only when a center is unable to obtain a supply of fluid milk on a continuing basis. In such cases, the Missouri Department of Health and Senior Services (MDHSS-CFNA) may approve service of meals without fluid milk, provided that an equivalent amount of canned, whole dry, or nonfat dry milk is used in the preparation of the components of the meal. PRIOR APPROVAL MUST BE OBTAINED.

2. Question: Can milkshakes be served to meet the milk requirement?

Answer: Yes. Homemade milkshakes that contain the required amount of fluid milk are creditable. It is recommended that reduced fat, low fat, or skim milk be used in preparing homemade milkshakes for children age 2 and above.

Exception: Commercial milkshakes from restaurants cannot be monitored for the amount of milk they contain and therefore are not creditable.

3. Question: Are ice cream, yogurt, pudding, cream, cream cheese, other cheeses, sweetened condensed milk, and milk in cooked products creditable as an alternative to fluid milk?

Answer: No. The CACFP requirement is for fluid milk only. Milk must be served as a beverage, or on cereal for breakfast or snack.

4. Question: Is fluid milk mixed with grape juice, orange juice, and other juices creditable?

Answer: Yes. The milk-juice mixture is creditable as both the milk and fruit/vegetable categories when served for breakfast, lunch, or supper. The beverage must contain the required amount of each food component. The milk-juice mixture may only count as one component at snack, either milk or a fruit/vegetable, not both. It is recommended that reduced fat, low fat, or skim milk be used in preparing such items for children age 2 and above.

MILK
Questions and Answers
(continued)

5. **Question: How is a beverage made of milk and solid fruit(s) or vegetable(s) credited?**

Answer: This type of beverage is creditable as both milk and fruit/vegetable when served for any meal or snack. The beverage must contain the full required serving amounts of each food ingredient.

6. **Question: Is eggnog creditable in the CACFP?**

Answer: Yes. Eggnog made with fluid milk is creditable toward the milk requirement in the CACFP. However, ONLY the fluid milk portion is creditable. If commercial eggnog is purchased, read the label to determine the percentage of actual milk in the product.

Note: Use only cooked pasteurized eggnog. No raw eggs shall be served to participants in accordance with MDHSS sanitation rules. Check labels to ensure the product contains no raw eggs.

7. **Question: Can hot chocolate or cocoa be served to meet the milk requirement?**

Answer: Yes. When made with fluid milk, this beverage is creditable. It is recommended that hot chocolate or cocoa be made with reduced fat, low fat, or skim milk for children over the age of 2 years.

Exception: Flavored hot chocolate dry mixes that are reconstituted with water are not creditable.

8. **Question: What is lactose-reduced milk and is it creditable in the CACFP?**

Answer: Lactose-reduced milk is a fluid milk modified by the addition of lactase enzymes. The lactose (milk sugar) in this milk has been broken down into simple sugars. People who cannot digest the lactose in milk may benefit from a lactose-reduced low fat milk. Lactose-reduced milk is creditable in the CACFP.

MILK
Questions and Answers
(continued)

9. Question: What is acidified milk and is it creditable in the CACFP?

Answer: Acidified milk is produced by souring fluid whole, low fat, or skim milk with an acidifying agent. Examples of acidified milk are “acidified kefir milk” and “acidified acidophilus milk.” Acidified milk is creditable in the CACFP.

10. Question: What is cultured milk and is it creditable in the CACFP?

Answer: Cultured milk is produced by adding selected microorganisms to fluid whole, low fat, or skim milk under controlled conditions to produce a product with specific flavor and/or consistency. Examples of cultured milk are “cultured buttermilk”, “cultured kefir milk”, and “cultured acidophilus milk.” Cultured milk is creditable in the CACFP.

11. Question: What do I do if a participant cannot have milk?

Answer: You must obtain a written statement from a recognized medical authority stating that the participant should not be served milk. The statement must specify substitute beverages or foods.

12. Question: Can milk be purchased directly from a farm?

Answer: Yes. As long as it is pasteurized fluid milk which meets state and local health standards. Also, it must include vitamin A and D levels consistent with state and local standards. It is recommended that reduced fat, low fat, or skim milk be served to children over age 2 years.

13. Question: Are pudding pops creditable?

Answer: No. Even though pudding pops contain milk, they may not be credited because only fluid milk served as a beverage or on cereal is creditable.

14. Question: Can the milk used in the preparation of products such as puddings, cream sauces, and ice cream count toward the milk requirement?

Answer: No. The milk must be served as a beverage and/or poured over cereal at breakfast or snack.

MEAT AND MEAT ALTERNATES

MEAT AND MEAT ALTERNATES

Regulations require that a lunch or supper contain the amount of meat or meat alternate specified in the meal pattern. You may use a serving of meat or meat alternate as one of the two components of a snack.

Meat and meat alternates include lean meat, poultry, fish, cheese, whole eggs, cooked dry beans or peas, alternate protein products yogurt, nuts and seeds and their butters except for acorn, chestnut and coconut, or an equivalent quantity of any combination of these foods. These foods must be served in a main dish, or in a main dish and one other item, to meet this requirement.

Alternate protein products may be counted as meeting all or part of the meat and meat alternate requirement. However, before using these products and claiming meals for reimbursement, contact MDHSS-CFNA for information and assistance for the preparation, serving, and crediting of these products.

Nuts and seeds may fulfill:

- No more than one-half of the meat/meat alternate requirement for the lunch or supper.
- All of the meat/meat alternate requirement for the snack for the CACFP.

Processed breaded meat products, such as chicken nuggets, fish sticks, and breaded beef patties must have a Child Nutrition (CN) label or the manufacturer must provide a signed product analysis sheet indicating the amount of meat/meat alternate per portion. If unable to obtain a CN labeled product or a product analysis sheet on a breaded meat product, the center may document the amount of meat/meat alternate per portion by removing the breading from the cooked meat portion of the product and weighing the meat portion. Documentation of the meat/meat alternate supplied by the product must be kept on file. Indicate specific brands used on your menus. **Note:** This third option is only acceptable for child care centers and family child care homes participating in the CACFP.

Commercially-bought processed foods such as ravioli, chili macaroni, pizza, and spaghetti with meat sauce are not creditable as meat/meat alternates unless enough cheese or meat is added to meet minimum meat/meat alternate requirements, or the product is CN labeled (**see *Child Nutrition Labeling on page 94***) and minimum portion requirements are met.

To be counted toward meeting any part of the meat/meat alternate requirement, a menu item must provide a minimum of one-fourth ounce of cooked meat or equivalent.

Amounts of Meat and Meat Alternates Needed at Lunch and Supper

	1 thru 2	3 thru 5	6 thru 12 & SFSP 1 thru 18 ¹	Adult
Lean Meat, Poultry, Fish, Cheese	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Cottage Cheese, Cheese Spread, Cheese Food	2 ounces (or 1/4 cup)	3 ounces (or 3/8 cup)	4 ounces (or 1/2 cup)	4 ounces (or 1/2 cup)
Eggs	1 egg	1 egg	1 egg	1 egg
Cooked Dry Beans/Peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup
Bean/Pea Soup (Reconstituted)	1/2 cup	3/4 cup	1 cup	1 cup
Peanuts, Soy nuts, Tree Nuts & Seeds ²	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Peanut Butter, Soy nut Butter, or other Nut and Seed Butters ³	2 tblsp.	3 tblsp.	4 tblsp.	4 tblsp.
Alternate Protein Products ⁴	1 ounce	1 1/2 ounces	2 ounces	2 ounces
Yogurt	1/2 cup	3/4 cup	1 cup	1 cup

¹ At-risk after school programs and emergency shelters may serve children through age 18 and SFSP sponsors may request permission, in writing, to serve smaller portions to children under the age of 6.

² No more than 50 percent of the requirement shall be met with nuts or seeds.

³ These must be combined with another meat/meat alternate to fulfill the requirement at the lunch/supper meal.

⁴ An alternate protein product (APP), whether used alone or in combination with meat or other meat alternates, must meet the following criteria:

- The APP must be processed so that some portion of the non-protein constituents of the food is removed. These APPs must be safe and suitable edible products produced from plant or animal sources.
- The biological quality of the protein in the APP must be at least 80 percent that of casein, determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS).
- The APP must contain at least 18 percent protein by weight when fully hydrated or formulated.
- Manufacturers must provide documentation that the products meet the criteria in a through c above.

Snack may contain a meat/meat alternate as one of the two food components served. 1/2 ounce of meat/meat alternate is required for 1 to 6 year olds and 1 ounce is required for 6 to adult at snack. Yogurt may be served as a meat/meat alternate at snack. For children 1 to 6 years of age, 1/4 cup of yogurt is required. For children 6 to 12 and for adults, 1/2 cup is required.

MEAT AND MEAT ALTERNATES

- ✓ A required component at lunch and supper.
- ✓ One of the four options at snack.
- ✓ Meat and meat alternates include lean meat, alternate protein products, poultry, fish, cheese, egg, cooked dry beans or peas, nuts and seeds, nut and seed butters.
- ✓ Nuts, seeds, and nut butters may fulfill only 1/2 of the meat/meat alternate requirement at lunch and supper.
- ✓ Nuts, seeds, and nut butters may fulfill all of the meat/meat alternate requirement at snack.
- ✓ An additional meat/meat alternate must be served with nuts, seeds and nut butters at lunch and supper.
- ✓ Dry beans or peas may be credited as a meat/meat alternate, or as a fruit/vegetable, but not as both in the same meal.
- ✓ A serving of cooked meat is understood to be lean meat without bone.
- ✓ A serving of yogurt includes plain or flavored, unsweetened or sweetened – all types of yogurt must be commercially prepared.

MEATS AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Acorns		X	Low protein content.
Alternate Protein Products	X		Must meet specific criteria. See meat questions 24, 25, and 26.
Baco-Bits		X	
Bacon and Imitation Bacon Products		X	Low protein content and high fat.
Turkey Bacon		X	Only turkey bacon with a CN label is creditable.
Beans, Canned or Dry	X		Includes beans and peas cooked from dry. Canned and dry beans may be credited as a meat/meat alternate or as a fruit/vegetable, but not both. Canned green beans, yellow beans, or peas may only be credited as a fruit/vegetable. See question #21.
Beef Jerky		X	Beef jerky is not creditable due to its high salt content, its high cost, and the need to serve large portions to meet the requirement. See meat question #27
Bologna, Lunchmeat, Spam, Frankfurters, Hot Dogs, Pepperoni, Polish and smoked Sausage, Salami, Summer Sausages, Liverwursts, other Cold cuts, Wursts, canned meats	X		All meat or poultry products that do not contain by-products, cereals, or extenders. See meat questions #31-35 and Appendix C. These products are high in fat and sodium. As a group these meats are limited to no more than one time per week to be served.
Canadian Bacon	X		High in sodium.
Canned or Frozen Food: Beef Stew, Chili Mac, Meat Stew, Pizza, Pot Pies, Ravioli	X		Creditable only if: 1) They are a CN labeled product; or 2) You have a product analysis sheet signed by an official of the manufacturer (not a sales person), stating the amount of cooked lean meat/meat alternate per serving. See meat question #37.
Canned and Pressed Luncheon Meat	X		Must be all meat with no binders, fillers, by products or extenders. See bologna and question #32
Cheese, Cottage	X		A 2 ounce serving (1/4 cup) equals one ounce of meat/meat alternate. See question #13.
Cheese, Cream		X	Contains less protein and more fat compared to creditable cheeses.

MEATS AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Cheese Food and Cheese Spread	X		2 ounce serving equals 1 ounce meat alternate. See meat question #13.
Cheeses: Natural, Processed (American brick, cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss)	X		1 ounce serving equals 1 ounce meat alternate. See meat questions #12-16.
Neufchatel		X	Low in protein compared to other cheeses.
Parmesan Cheese	X		Six tablespoons equal one ounce of meat/meat alternate. See question #14.
Pimento Cheese	X		A two ounce serving is equal to one ounce of meat/meat alternate. See question #13 and 16.
Ricotta Cheese	X		A two ounce serving is equal to one ounce of meat/meat alternate. See question #13.
Romano Cheese	X		Six tablespoons equal one ounce of meat/meat alternate. See question #14.
Cheese Product		X	The term "cheese product" is non-standardized, therefore, may not be credited as a meat/meat alternate. See question #17.
Cheese Substitutes	X		See meat question #16.
Chestnuts		X	Low protein content.
Chitterlings		X	Considered as fat. Very low protein content.
Coconut		X	Low protein content. Cannot be credited as a fruit/vegetable component either. See meat question #2.
Corn Dogs	X		The breading is credited as a grain/bread. The frankfurter is credited as a meat/meat alternate. See meat question #30-35. See bread question #9. Servings limited by question #32.
Cottage Cheese	X		4 ounces (1/2 cup) of cottage cheese is equal to 2 ounces of meat/meat alternate. See question #13
Crab, imitation		X	

MEATS AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Cream Cheese		X	Contains less protein and more fat than creditable cheeses.
Deviled Eggs	X		
Deli Meats; sliced ham, turkey, chicken, roast beef	X		Deli meats include lean ham, turkey, roast beef, and chicken breast meats that are sliced for sandwiches and salads and are at least 95% fat free.
Eggs	X		Cooked eggs may be credited. Eggs cannot be credited when part of a cooked custard or pudding or as an ingredient in other foods.
Fish, self or locally caught		X	For safety reasons, self caught fish may not be served.
Fish, purchased	X		
Fish sticks or nuggets	X		Must be CN labeled or must have a signed product analysis from the manufacturer. See meat question #19.
Frankfurters	X		High fat, high sodium. Limit service to one time per week. See meat questions #31-35 and Appendix C.
Game (venison, squirrel, rabbit, etc.)		X	For health and safety reasons, these may not be served.
Garbanzo beans	X		See beans, canned or dry.
Ham hocks		X	High in fat and low in protein.
Home Slaughtered Meat		X	For safety reasons may not be served.
Hot Dogs	X		See frankfurters.
Imitation Cheese		X	Not standardized. See meat question #17.
Imitation Seafood		X	
Kidney	X		
Kidney Beans	X		See beans, canned or dry.
Legumes	X		See beans, canned or dry.
Liver	X		
Liverwurst	X		Cannot contain cereals, binders, or extenders. This product is high in fat. week. See question #32
Lunchmeat	X		See bologna and meat question #32. These products are high in fat and sodium. Limit service to no more than one time per week.

MEATS AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Macaroni & Cheese (commercial)		X	Powdered cheese is not creditable. Macaroni may be credited as a grain/bread component. See meat question #15.
Macaroni & Cheese (homemade)	X		May be credited based on the amount of cheese used per serving.
Meat Sauce (commercial)		X	Cannot verify the amount of meat/meat alternate in a serving.
Meat Sauce (homemade)	X		
Nacho Cheese Sauce (canned or soft pack)		X	Percentage of natural or processed cheese used may be very low. Many contain added water and cream cheese.
Neufchatel Cheese		X	Soft unripened cheese similar to cream cheese but containing less fat and more moisture.
Nuts	X		Full meat/meat alternate credit for snack, but no more than one-half credit for lunch or supper. Be careful not to serve nuts to children under 3 years of age to avoid choking. See meat questions #1 through #10.
Oxtails		X	
Pasta Products with meat (commercial)	X		See canned or frozen food.
Pea Soup	X		One cup soup equals one-half cup cooked peas. Credit as a meat/meat alternate or as a vegetable, not both. See meat question #21.
Peanut Butter	X		Cannot be served as the only meat/meat alternate at the lunch or supper meal. See meat question #1-3. Caution highly allergenic food.
Peas, canned, green		X	May be credited as a fruit/vegetable component only.
Peas, dry	X		See beans, canned or dry.
Pepperoni	X		See bologna or lunchmeat.
Pig Feet		X	Small amount of meat content.
Pig Neck Bones		X	Small amount of meat content.
Pig Tails		X	Small amount of meat content.
Pimento Cheese	X		2 ounce serving equals 1 ounce of meat/meat alternate. See question #13,16.
Pinto Beans	X		See beans, canned or dry.

MEATS AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Pizza (commercial)	X		Must have a CN label or a product analysis signed by the manufacturer.
Pizza (homemade)	X		Homemade pizza is creditable if the amount of each ingredient used can be identified. See meat question #29.
Polish Sausage	X		See bologna. See question #31-35.
Pot Pies (commercial)	X		See canned or frozen food.
Pot Pies (homemade)	X		May be credited based on the amount of meat/meat alternate per serving.
Potted Meat		X	High in sodium, includes binders and extenders.
Powdered Cheese (for cheese sauce, macaroni and cheese, etc.		X	Powdered cheese mix is not credited toward any of the food components. See question #15
Prepared Cheese Sauce (canned or soft packed)		X	Percentage of natural or processed cheese may be very low. Many contain added water and cream cheese.
Pressed Meat Products	X		Must have a CN label or signed product analysis sheet from the manufacturer to credit as a meat/meat alternate. Limit to once a week. See question #32.
Quiche	X		The eggs, meat, and/or cheese may be credited.
Ravioli (commercial)	X		See canned and frozen food.
Salt Pork		X	Low protein content.
Sausage	X		High fat, high sodium content. Limit to one time per week. See question # 31-35.
Scrapple		X	Insufficient meat content.
Seeds	X		Full meat/meat alternate credit for snack, but no more than one-half credit for lunch or supper. Be careful not to serve seeds to children under 3 years of age.
Shark Meat	X		
Shellfish	X		
Sizzlean		X	

MEATS AND MEAT ALTERNATES

Food Item	Creditable		Comments
	Yes	No	
Soups, commercially prepared		X	Insufficient meat/meat alternate content per serving. Bean, lentil, or split pea soup may be credited as a meat/meat alternate. 1/2 cup equals one ounce of meat/meat alternate. See meat question #21 and 28..
Soups, homemade containing meat, fish, poultry, or other meat alternate	X		Creditable as a source of meat/meat alternate if minimum required amount of 1/4 ounce per serving can be identified and documented.
Soy burgers and other soy products	X		Must meet criteria for alternate protein products. See meat questions 24, 25 and 26.
Soy butter	X		May be credited like peanut butter. See meat question #1-3, and 11.
Spam	X		High in sodium. Limit use to no more than one time per week. See question #32
Tempeh		X	Fermented soybean; USDA has no Standard of Identity for product.
Tofu		X	Tofu is a soybean curd which has the general color and shape of cream cheese. There is no Standard of Identity for tofu, so the product can vary from one manufacturer to another. See meat question #20.
Tripe		X	
Vienna Sausage		X	
Wild Game		X	Venison, squirrel, rabbit, etc., for safety reasons, is not creditable in the CACFP unless inspected and approved by the appropriate State or Federal Agency.
Yogurt, plain or sweetened and flavored	X		Creditable as a meat/meat alternate for lunch and snack for children and adults. See meat question #36.

MEAT AND MEAT ALTERNATE

Questions and Answers Nuts, Seeds, and Nut Butters

1. **Question: Are peanut butter and other nut or seed butters creditable as meat alternates?**

Answer: Yes. However, the serving size of such butters may be impractical for lunch or supper (two tablespoons equals 1 ounce of meat alternate). CACFP and SFSP require that an additional source of meat/meat alternate be served with lunches or suppers containing nut butters. Nuts or seeds and nut or seed butters must be limited to no more than one lunch or supper per week. **Caution** should be taken to assure that a child is not allergic to nuts or nut butters before serving. Peanut allergies can be very severe.

2. **Question: Can nuts and seeds be served as acceptable meat alternates?**

Answer: Yes. Nuts and seeds such as peanuts, soy nuts, almonds, cashews, pecans, walnuts, pine nuts, pumpkin seeds, sunflower seeds, etc., may fulfill:

- a. No more than one-half of the meat/meat alternate requirement for lunch or supper; and
- b. All of the meat/meat alternate requirement for snack.

Acorns, chestnuts, and coconuts are not creditable as a meat alternate due to their low protein content and low iron content. Serve only ground or finely chopped nuts and seeds to children under three years of age to reduce the risk of choking. Nuts are not recommended for children under three years of age.

3. **Question: Do nuts and seeds have to be combined with another meat or meat alternate in a single menu item to be counted as a meat alternate?**

Answer: No. They can be combined within one menu item such as the main dish or the total meat/meat alternate can be split between the main dish and one other menu item. However, the requirement cannot be met with the combination of, for example, bread and dessert.

MEAT AND MEAT ALTERNATE

Questions and Answers Nuts, Seeds, and Nut Butters (continued)

4. **Question: May nut or seed meal or flour be used as a meat alternate?**

Answer: No. A nut or seed meal or flour may not be used as a meat alternate unless it meets the criteria for an alternate protein product. See meat questions 24, 25, and 26.

5. **Question: May nuts or seeds or nut or seed butters be credited in desserts?**

Answer: Yes. Since nuts and seeds and nut or seed butters are to be served like any other meat/meat alternates in a main dish or the main dish and one other menu item, the “other” menu item may be a bread, vegetable or fruit dish or dessert.

6. **Question: How do you plan amounts of nuts and seeds to be served or credited for several different age groups of children?**

Answer: If various age groups of children are being served it would be best to plan for the amount of nuts or seeds in a meal based on the younger age group. If one-half of the meat/meat alternate requirement for that age group is not exceeded, the amount for the older group will not be exceeded. Do not serve nuts and seeds to children under three years of age unless the nuts or seeds have been ground or finely chopped, so as to avoid choking and allergic reactions.

7. **Question: Why are nuts and seeds and nut or seed butters now being allowed as a meat alternate in Child Nutrition Programs?**

Answer: Peanut butter has always been included as a meat alternate in the Child Nutrition Programs. Other nut and seed butters are now becoming available on the market. However, nuts including peanuts have always been considered a snack food. Food consumption habits and food preferences are influenced by many cultural, ethnic, economic, religious, and environmental factors and are constantly changing. These changes can affect how foods are used in meals. Nuts and seeds and a variety of nut and seed butters are now playing a more conventional and popular role in meals as, or in, main dish items.

MEAT AND MEAT ALTERNATE

Questions and Answers Nuts, Seeds, and Nut Butters (continued)

8. **Question: How do nuts and seeds have to be combined with meat or other meat alternate(s) to meet the meat/meat alternate requirement?**

Answer: Nuts and seeds do not necessarily have to be combined in a menu item with another meat alternate or meat. As nuts and seeds can count no more than one-half of the meat/meat alternate requirement, they must be combined in a meal to meet the total requirement. Any meat or other meat alternate may be used to combine with nuts and seeds: meat, poultry, fish, cheese, eggs, peanut butter (or other nut or seed butters), or cooked dry beans or peas.

9. **Question: May nut or seed meal or flour be used to meet the bread/bread alternate requirement of a meal in child nutrition programs?**

Answer: No. Nuts and seeds are not grains and there are no standards for enrichment for these foods.

10. **Question: Can nuts and seeds in a granola bar be counted towards the meat/meat alternate component?**

Answer: Yes, at a snack meal only. Must be able to verify that the granola bar contains at least 1/4 ounce and not more than 1 ounce (or 1 1/2 if 3 ounces meat/meat alternate are served) of nuts and seeds, it can count towards the meat/meat alternate in any meal in Child Nutrition Programs. In addition, a granola bar can count towards the bread/bread alternate in a breakfast or snack in the CACFP if whole-grain or enriched meal or flour is used.

11. **Question: Is soy butter creditable as a meat/meat alternate?**

Answer: Yes. Soy butter is creditable as a meat/meat alternate. It is a good alternative for those who are allergic to peanut butter. Two tablespoons of soy butter are equal to one ounce of meat/meat alternate. As with peanut butter, when soy butter is served at lunch or supper, an additional meat/meat alternate must also be served because of the large amount needed to meet requirements.

MEAT AND MEAT ALTERNATE

Questions and Answers Cheese

12. Question: Is cheese a meat alternate?

Answer: Yes. Natural cheese and pasteurized processed cheese are creditable as meat alternates. One ounce of these cheeses equals one ounce of meat alternate. For variety, cheese should be limited to no more than two meals (breakfast, lunch or supper) per a week if used as the only source of meat/meat alternate.

13. Question: Are cottage cheese, ricotta, cheese foods and cheese spreads (such as Velveeta and Cheez Whiz) creditable meat alternates?

Answer: Yes. But twice as much is needed because these products contain less protein and more moisture than natural and processed cheese. A two ounce serving of cheese food, cheese spread or cottage cheese is equivalent to only one ounce of meat/meat alternate.

14. Question: Are grated Romano and Parmesan cheeses creditable in the CACFP?

Answer: Yes. Both grated Romano and Parmesan cheeses are creditable. **However**, small amounts used as a garnish, seasoning, or in breading should **not** be counted toward meeting the meat/meat alternate requirement of the meal.

A three-eighths cup serving (6 tablespoons) provides one ounce of meat alternate for both Romano and Parmesan cheeses.

15. Question: Can boxed macaroni and cheese be credited in the CACFP?

Answer: No. However, the macaroni can be credited as a bread alternate if it is enriched or whole grain. The dry cheese mix is not creditable as a meat alternate.

16. Question: How can I use cheese substitutes as a meat/meat alternate?

Answer: Cheese substitutes are products which appear, taste, and have a nutritional value similar to cheese. However, they may not melt or cool the same as cheese. Cheese substitutes, which are labeled under FDA regulations, may be credited the same way as natural or processed cheese. Cheese food substitutes and cheese spread substitutes may be credited the same as cheese foods and cheese spreads. Two ounces of cheese food or cheese spread is equal to one ounce of meat/meat alternate.

MEAT AND MEAT ALTERNATE

Questions and Answers Cheese (continued)

17. Question: Are imitation cheeses and cheese products creditable?

Answer: No. The term “cheese product” is a category name and is nonstandardized, therefore, any item which has only the name cheese product would not be creditable. Similarly, any cheese labeled “imitation” may not be credited as a meat/meat alternate in the CACFP.

18. Question: What is the minimum amount of meat/meat alternate that a menu item must provide in order to obtain partial credit?

Answer: The minimum amount of meat/meat alternate provided by a serving of a menu item should be 0.25 ounce in order to receive partial credit. Credit is indicated in quarter ounce increments over 0.25 ounce.

19. Question: Are fish sticks creditable?

Answer: Yes. The fish portion is creditable. CACFP serving sizes refer to cooked edible fish. A CN label, a product analysis sheet, or center/home documentation must be available to verify the amount of meat/meat alternate per portion.

20. Question: Is tofu a creditable meat alternate?

Answer: No. Tofu is a soybean curd which has the general color and shape of cream cheese. Currently, tofu is not a creditable meat alternate in the CACFP or SFSP. There is no Standard of Identity for tofu, so the product can vary from one manufacturer to another.

21. Question: Can cooked dry beans, lentils, or peas be credited as meat alternates?

Answer: Yes. These foods may be creditable as either meat alternates or as fruits/vegetables, but not both in the same meal. Also, one-half cup of bean, lentil, or split pea soup may be served to meet the equivalent of one ounce of meat alternate.

MEAT AND MEAT ALTERNATE

Questions and Answers Other Meat/Meat Alternates

22. Question: Is the meat or meat alternate in casseroles creditable?

Answer: Yes. However, the required amount is often insufficient in a serving and may require an additional meat/meat alternate on the side (cheese cube, peanut butter, hard cooked egg). A recipe that lists ingredients (amount of meat or meat alternate) used and the number of servings prepared should be available in order to determine creditability.

23. Question: Can all sources of protein (i.e., eggs, meat, poultry, dried beans or peas, lentils, cheese) in a combination dish be counted toward meeting the meat/meat alternate component, even if they are not recognizable as in the case of eggs in meat loaf or cheese in a casserole?

Answer: Yes. The different sources of protein in a combination dish may all be counted toward meeting the meat/meat alternate requirement. The minimum amount of meat/meat alternate provided by a child size serving must be one-fourth (0.25) ounce. A recipe that lists ingredients (amount of meat or meat alternate) used and the number of servings prepared should be available in order to determine creditability.

24. Question: Are alternate protein products (APP) acceptable as meat alternates in the CACFP and SFSP?

Answer: Yes. APPs are acceptable as meat alternates when the following criteria are met.

- a. The APP must be processed so that some portion of the non-protein constituents of the food is removed. These APPs must be safe and suitable edible products produced from plant or animal sources.
- b. The biological quality of the protein in the APP must be at least 80 percent that of casein, determined by performing a Protein Digestibility Corrected Amino Acid Score (PDCAAS).
- c. The APP must contain at least 18 percent protein by weight when fully hydrated or formulated. ("When hydrated or formulated" refers to a dry alternate protein product and the amount of water, fat, oil, colors, flavors, or any other substances which have been added.)

MEAT AND MEAT ALTERNATE

Questions and Answers Other Meat/Meat Alternates (continued)

- d. Manufacturers supplying an APP to participating schools or institutions must provide documentation that the product meets a through c above.
- e. Manufacturers should provide information on the percent protein contained in the dry APP and on an as prepared basis.
- f. For an APP mix, manufacturers should provide information on:
 - i. the amount by weight of dry APP in the package;
 - ii. hydration instructions; and
 - iii. instructions on how to combine the mix with meat or other meat alternates.

25. Question: How are APPs used in the CACFP & SFSP?

Answer: Schools, institutions, and service institutions may use APPs to fulfill all or part of the meat/meat alternate component.

The following terms and conditions apply:

- a. The APP may be used alone or in combination with other food ingredients. Examples of combination items are beef patties, beef crumbles, pizza topping, meat loaf, meat sauce, taco filling, burritos, and tuna salad.
- b. APPs may be used in the dry form (nonhydrated), partially hydrated, or fully hydrated form. The moisture content of the fully hydrated APP (if prepared from a dry concentrated form) must be such that the mixture will have a minimum of 18 percent protein by weight or equivalent amount for the dry or partially hydrated form (based on the level that would be provided if the product were fully hydrated.)

26. Question: How are commercially prepared products used in the CACFP and SFSP?

Answer: Schools, institutions, and service institutions may use a commercially prepared meat or meat alternate product combined with APPs or use a commercially prepared product that contains only APPs.

MEAT AND MEAT ALTERNATE

Questions and Answers Other Meat/Meat Alternates (continued)

27. Question: Is beef jerky creditable in the CACFP?

Answer: No. Beef jerky is not creditable as its high in salt (sodium) content, it is expensive, it is difficult for a child to chew, and the need to serve a large portion to meet the meal component requirement.

28. Question: Are any canned soups creditable toward the meat/meat alternate requirement?

Answer: Only a few. Most canned soups do not contain enough meat to make a substantial contribution toward the meat requirement. Both bean and pea soup, condensed and ready-to-serve, provide a half-cup of cooked beans or peas per one cup of soup. One cup of bean or pea soup is equivalent to two ounces of meat alternate.

29. Question: Can pizza be credited as a meat/meat alternate?

Answer: Yes. Homemade pizza is creditable if the center/provider maintains documentation verifying the amount of meat/meat alternate on the pizza. Commercially prepared pizza is creditable if center has a CN label or product analysis sheet verifying the amount of meat/meat alternate provided by the pizza.

30. Question: Are corn dogs creditable?

Answer: Yes. Both the frankfurter and the breading may be credited toward meal pattern requirements. The frankfurter is credited as a meat/meat alternate on an ounce per ounce basis provided it meets the established standard for frankfurters (see question #31). The breading is credited like cornbread. The limit of once a week is included with all other types of high fat, high salt meats. See question #32

31. Question: Are all types of frankfurters creditable?

Answer: No. Only red meat (beef, pork, etc.) and poultry (turkey, chicken) frankfurters that do not contain meat by-products, cereals, binders, or extenders are creditable. (See questions #33-35 and Appendix C.) Meat and poultry frankfurters that meet this standard are credited on an ounce per ounce basis, or one ounce of product provides one ounce of cooked lean meat. For example, a two-ounce frankfurter provides two ounces of

MEAT AND MEAT ALTERNATE

Questions and Answers Other Meat/Meat Alternates (continued)

cooked lean meat. Look for products labeled “All Meat”, “All Beef”, “All Pork”, etc.

The contribution of frankfurters/luncheon meats/sausages that do contain meat by-products, cereals, binders, or extenders cannot always be determined on the basis of information on the label and thus they are **not** creditable to be served unless a signed written statement from the manufacturer is obtained that states the ounces of cooked lean meat in the finished product.

Note: Binders and extenders must always be listed in descending order of their predominance along with the other ingredients. Note also that such products are high in salt and fat and shall be restricted to service no more than one time per week. See question #32.

32. Question: Are luncheon and cold cut meats creditable?

Answer: Yes. Luncheon/cold cut meats include hot dogs, Frankfurters, bologna, pepperoni, Polish and smoked sausage, salami, Summer sausages, liverwurst, and other pressed type meats. Luncheon meats must not contain meat by-products, cereals, binders, or extenders to be creditable on an ounce-per-ounce basis or one ounce of product provides one ounce of cooked lean meat. Look for products labeled “All Meat.” (See questions #31-35.)

Note: Luncheon/cold cut meats are high in salt and fat and shall not be served more than one time per week.

33. Question: What specific ingredients are considered binders and extenders?

Answer: Soy flour, soy protein, isolated soy protein, starchy vegetable flour, dried milk, calcium reduced dried skim milk, and cereals are all binders or extenders.

34. Question: Are binders and extenders always listed on the product’s label?

Answer: Yes. Binders and extenders must be listed in the ingredient statement and will be listed in descending order of their predominance along with the other ingredients.

MEAT AND MEAT ALTERNATE

Questions and Answers Other Meat/Meat Alternates (continued)

35. Question: How can you tell if a product is made of only red meat and poultry?

Answer: By the product name on the label. A product meets the standard if the name of the product does not include products considered to be by-products, binders, or extenders. For example, “frankfurters – soy flour added” would not meet the standard.

Products that meet the CACFP Standard will be labeled:

Frankfurters
Beef frankfurters
Pork frankfurters
Poultry frankfurters

Products that do not meet the CACFP Standard will be labeled:

Frankfurters (beef, pork, poultry) with
- Soy flour added
- Starchy vegetable flour added
- Calcium reduced dried skim milk added
- Cereal added
- Vegetable starch added
- Nonfat dried milk added
- Isolated soy protein added
- Dried milk added
- By-products added
- Variety meats added

36. Question: Is yogurt creditable in the CACFP and SFSP?

Answer: Yes. Yogurt is creditable as a meat/meat alternate for lunch and snacks for children and adults. One cup of yogurt is equal to 2 ounces of meat/meat alternate. See page 20 for amounts of yogurt needed for lunch and snack.

37. Question: Can frozen or canned products such as ravioli, pizza, meat stew, sloppy joes, and chili mac be credited in the CACFP and SFSP?

Answer: Yes. However, when crediting the above products toward the meat/meat alternate component, the amount of meat and/or meat alternate in the product is the determining factor. Because of the uncertainty of the actual amount of meat/meat alternate in these products, they cannot be used unless: 1) They are a CN labeled product; or 2) You have a product analysis sheet signed by an official of the manufacturer (not a sales person), stating the amount of cooked lean meat/meat alternate per serving. Therefore, MDHSS recommends that these products not be used.

MEAT AND MEAT ALTERNATE

Questions and Answers Other Meat/Meat Alternates (continued)

Based on the USDA Meat and Poultry Product Standards for these products, you would need to serve a very large portion or supplement the meat/meat alternate component when serving any of these products.

- 38. Question: How many menu items containing meat/meat alternate can be credited in a meal?**

Answer: Two menu items are the maximum number which may be used to meet the meat/meat alternate requirement. The meat/meat alternates must be served in the main dish (entrée), or in the main dish and one other menu item. However, the requirement cannot be met with the combination of bread and dessert. In addition, a second meat/meat alternate is not creditable as a dessert type item (e.g., peanut butter pudding, egg custard), because a meat/meat alternate is not customarily served in a meal as a dessert. The use of a dessert item as a means to fulfill any of the required meal components (e.g., slice of cheese with apple pies, cobblers (grain/bread), gelatin (meat), etc.) is not creditable.

- 39. Question: Can vegetarian meals be served in the CACFP and SFSP?**

Answer: Yes. The meals must meet CACFP and SFSP meal pattern requirements. Examples of meat alternates that are creditable in the CACFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, cooked dry beans and peas, nuts and seed butters or any combination of the above.

- 40. Question: We have several participants that cannot eat certain foods because of religious reasons. How do we claim these participants in CACFP and SFSP?**

Answer: The center/provider may request in writing that alternate meal patterns be allowed by submitting a letter to the MDHSS stating the reasons for the proposed changes. MDHSS will make a decision based on the nutrition needs of the participants.

VEGETABLES/FRUITS

VEGETABLES AND FRUITS

A breakfast shall contain a serving of vegetable(s) or fruit(s) or full-strength vegetable or fruit juice, or an equivalent quantity of any combination of these foods.

Both lunch and supper shall contain servings of two or more vegetables or fruits, or a combination of both. Full-strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement. At snack time, vegetables and fruits are one of the four options. Full strength juice may be used to meet the total fruit/vegetable requirement. **In order to be creditable, a juice must contain 100% full-strength juice.**

Cooked dry beans or peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

A service of vegetable or fruit may be credited as one component of the required two components of a snack. However, juice may not be served when milk is served as the only other snack component.

Vegetables and fruits are credited as served. Small amounts (less than one-eighth cup) of vegetables and fruits used for flavorings or as optional ingredients, such as garnishes, should not be counted to meet the vegetable/fruit requirement. These small amounts are generally not controlled, and no determination can be made of the contribution of the meal.

Amounts of at least 1/8 cup must be served to be credited toward the fruit/vegetable requirement. However, when only 1/8 cup is served, an additional fruit/vegetable must be served to meet the total (1/4 to 1/2 cup) requirement, depending on the child's age and the meal served. See the chart on the next page to determine the total amount of fruit/vegetable needed.

Vegetables or fruits served as a combination item, e.g. fruit cocktail, succotash, peas and carrots, mixed vegetables, etc. may be credited to meet only one of the two required components for lunch and supper.

All condiments and seasonings are not creditable food items; they serve as accessories to enhance the acceptability of the meal.

Home canned products cannot be used for health and safety reasons. Home frozen products are creditable. Combinations of vegetables on items such as sandwiches (example: lettuce, tomato) or pizza count only as one vegetable.

Participants of different ages require different amounts to meet the CACFP meal pattern. The minimum amount of any fruit or vegetable served must be one-eighth cup.

Amounts of Vegetables and Fruits Needed

	1 thru 2	3 thru 5	6 thru 12 & SFSP 1 thru 18*	Adult
Breakfast	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Lunch and Supper (2 or more fruits &/or vegetables)	1/4 cup (total)	1/2 cup (total)	3/4 cup (total)	1 cup (total)
Snack	1/2 cup	1/2 cup	3/4 cup	1/2 cup

* At-risk after school programs and emergency shelters may serve children through age 18 and SFSP sponsors may request permission, in writing, to serve smaller portions to children under the age of 6.

To help meet nutritional standards and goals it is recommended that:

- Meals include a vitamin A rich vegetable or fruit at least two or three times a week. Vitamin A rich foods include orange and dark green fruits and vegetables such as sweet potatoes, carrots, broccoli, peaches, melons, spinach;
- Meals include a vitamin C rich vegetable or fruit three to four times a week at lunch and/or supper, and frequently at the breakfast meal. Vitamin C rich foods include orange and orange juice, potatoes, broccoli, strawberries, fortified 100% fruit juices;
- Menus should include a variety of fresh vegetables and fruits; and
- Meals include foods that are good sources of fiber, such as fresh fruits and vegetables and whole grain products.

VEGETABLES AND FRUITS

- ✓ A required component at breakfast, lunch, and supper.
- ✓ One of the four options at snacks.
- ✓ Snacks may contain a fruit or vegetable, or both, as one of the two required components of a snack.
- ✓ Juices used in the CACFP must be full strength 100% juice.
- ✓ 100% juice may be used to meet the total fruit/vegetable requirement at breakfast and snack.
- ✓ 100% juice may meet only 1/2 of the fruit/vegetable requirement at lunch or supper.
- ✓ When 100% juice is served as one of the components at a snack, milk may not be served as the other component.

VEGETABLES & FRUITS

Food Item	Creditable		Comments
	Yes	No	
Ade Drinks (lemonade, orangeade, etc.)		X	Not 100% fruit juice.
Alfalfa Sprouts	X		
Apple Butter		X	Not enough fruit present.
Apple Chips		X	Low vitamin/mineral content.
Apple Cider	X		
Apple Fritters	X		Must have at least one-eighth cup of apples per serving.
Banana Bread		X	Does not contain enough fruit/vegetable. May be credited as a grain/bread component.
Banana Chips		X	Low vitamin/mineral content.
Banana Pudding	X		May be credited based on amount of fresh banana in each serving. Must have at least 1/8 cup of bananas per serving.
Barbecue Sauce		X	Does not contain enough fruit/vegetable per serving.
Bean Sprouts	X		
Beans, Canned or Dry	X		Canned or cooked from dry may be credited as a vegetable. They cannot be credited as both a vegetable and a meat/meat alternate in the same meal.
Beverages, fruit		X	Are not 100% full-strength juice.
Cakes (containing fruit)		X	
Carrot Bread		X	See banana bread.
Catsup or Chili Sauce		X	Not enough vegetable present.
Coconut		X	Not a fruit/vegetable. Considered a nut or seed, although coconut is not creditable as a meat/meat alternate.
Coleslaw	X		Count as one vegetable. See vegetable/fruit question #1.
Commercial Pizza	X		If it has a CN label or a product specification sheet. CN must be stated on the menu.
Corn Chips		X	See chips in Grains/Breads section.
Corn Syrup		X	
Cranberries	X		

VEGETABLES & FRUITS

Food Item	Creditable		Comments
	Yes	No	
Cranberry Juice Blend	X		Cranberry juice in a blend with another full-strength juice is creditable. 100% cranberry juice that is not blended with other juices is not commercially available.
Cranberry Juice Cocktail		X	Not 100% fruit juice. 100% cranberry juice is generally not commercially available.
Whole Cranberry Sauce or Relish	X		Considered as a condiment. Serving 1/8 cup requires another fruit/vegetable. Jellied cranberry sauce is not creditable.
Drinks, Fruit		X	Not 100% fruit juice. See vegetable/fruit question #11.
Dry Spice Mixes		X	
Figs in Fig Newtons		X	Amount of fruit is too small to count toward vegetable/fruit component.
Frozen Fruit Flavored Bars (commercial)		X	Do not contain enough, if any, fruit juice.
Frozen Fruit Juice Bars	X		Must be 100% fruit juice.
Fruits or Vegetables added to Quick Bread (banana, carrot, zucchini, pumpkin, etc.)		X	Not enough fruit present. See banana bread.
Fruit, Dried	X		See vegetable/fruit question #6.
Fruit Bar, Dried		X	It is impractical and difficult to measure actual fruit portion, and each participant would need an extremely large quantity to meet the requirement. Also contributes to dental caries.
Fruit Cobblers, Crisps, or Pies (homemade)	X		Must contain at least 1/8 cup of fruit per serving. Use of such items should be minimized due to high sugar content.
Fruit in Dry Cereal		X	It is impractical and difficult to measure actual fruit portion and each participant would need an extremely large quantity to meet the requirement.
Fruit Flavored Punch		X	Not 100% fruit juice.
Fruit Flavored Powders		X	Does not fit the definition of fruit.

VEGETABLES & FRUITS

Food Item	Creditable		Comments
	Yes	No	
Fruit Flavored Syrup		X	
Fruit Leathers and Roll-Ups		X	It is impractical and difficult to measure actual fruit portion, and each participant would need an extremely large quantity to meet the requirement. Also contribute to dental caries.
Fruit Pie Filling (commercial)	X		If the predominant ingredient is fruit, it will provide one-half credit, that is 1/2 cup of fruit pie filling will provide 1/4 cup of fruit unless otherwise documented. See vegetable/fruit questions #22 and #23.
Fruit Pie Filling (homemade)	X		May be credited based on the amount of fruit in each serving.
Fruit Sauces	X		Only the fruit portion of the sauce. Minimum serving of fruit should be one-eighth cup.
Fruit Sicles, Frozen Fruit Bars		X	Only homemade sicles and bars made with 100% juice are creditable.
Fruit Snacks		X	For example: bars, roll-ups, wrinkles, cakes, candy; do not contain sufficient amount of fruit per serving.
Gelatin Desserts or Salads with Fruit and/or Vegetable	X		Must contain at least 1/8 cup of fruit or full-strength fruit or vegetable juice per serving. "Fruit Flavored" gelatins are not creditable. See vegetable/fruit question #28.
Gravy Bases		X	
Hawaiian Punch		X	Not 100% fruit juice.
Hominy		X	Considered as "other food." See vegetable/fruit question #19.
Honey		X	
Ice Cream, Fruit Flavors		X	Do not contain enough fruit per serving.
Jam or Jelly		X	Insufficient fruit content per serving.
Jicama, Yam bean root, Mexican turnip	X		Low in calorie, high in Vitamin C, Can be eat raw, steamed baked, boiled, mashed.
Juice Blends	X		Combinations of full-strength fruit juices are creditable.
Ketchup		X	Not enough vegetable.
Kiwi	X		1 Kiwi = 1/2 cup serving.
Kool Aid		X	Not 100% juice.

VEGETABLES & FRUITS

Food Item	Creditable		Comments
	Yes	No	
Lefsa	X		Bread made of potatoes and flour. Lefsa containing at least 1/8 cup of potato per serving is creditable as a fruit/vegetable. May also be credited as a grain/bread.
Lemon Pie Filling		X	High in sugar.
Lemonade		X	Not 100% fruit juice.
Maple Syrup		X	
Mayonnaise		X	
Muffins with Fruit		X	Less than 1/8 cup per serving. See banana bread.
Mustard		X	
Nectar (apricot, peach, pear)		X	Not 100% fruit juice.
Oil, salad		X	
Olives		X	Very high in sodium. Considered a garnish or condiment.
Onion Rings	X		May not be able to serve enough to credit as a vegetable. If homemade or if a product specification is available which verifies the amount of onion and breading.
Pea Soup	X		One cup soup equals one-half cup cooked peas. Credit as vegetable or meat, not both.
Pickle Relish		X	Considered a garnish or condiment.
Pickles		X	Very high in sodium. Considered a garnish or condiment.
Pineapple Upside Down Cake		X	Less than 1/8 cup fruit per serving.
Pizza Sauce	X		Credited as tomato sauce if 1/8 cup per serving is provided.
Pop Tart Filling		X	Not enough fruit present.
Popsicles (commercial)		X	Commercial popsicles do not contain 100% fruit juice. See vegetable/fruit question #15.
Posole		X	Not made from whole kernel corn.
Potato Chips		X	Snack type chips not creditable. Grain-based chips (wheat, corn, rice, etc.) may be credited as a grain/bread. See Grains/Breads section for chips.

VEGETABLES & FRUITS

Food Item	Creditable		Comments
	Yes	No	
Potatoes and Potato Skins	X		
Preserves		X	Insufficient fruit content per serving.
Puddings with Fruit	X		If at least 1/8 cup fruit per serving. See vegetable/fruit question #28.
Pumpkin in Bread		X	See banana bread.
Raisins	X		
Rice		X	Rice is a grain. See Grains/Breads section for crediting.
Salad Dressing		X	
Salsa	X		If at least 1/8 cup vegetable per serving. See vegetable/fruit question #30.
Seaweed	X		These would be creditable as a vegetable: agar, dulse, Irish moss, kelp, laver, and spirulina.
Sherbet/Sorbet		X	Do not contain enough fruit to be credited.
Soup:			Only vegetables are creditable.
Canned Condensed (one part soup to one part water)	X		One cup reconstituted will yield about one-fourth cup vegetable. See vegetable/fruit question #12.
Dehydrated Soup Mixes	X		To credit vegetables in dehydrated mixes: <ul style="list-style-type: none"> - Determine the volume measurement by rehydrating the soup according to manufacturer's directions. Heat, then isolate the vegetable pieces and measure the volume. - Separate vegetable pieces from noodles, rice, etc. Keep records of the yield data obtained. Volume measurements must be recorded for each brand and type of soup. See vegetable/fruit questions #13 and #14.
Vegetable Soup: (canned, ready-to-serve)	X		One cup serving will yield about one-fourth cup vegetable. One-half cup soup equals 1/8 cup vegetable. A serving of less than 1/2 cup does not contribute to the fruit/vegetable requirement.

VEGETABLES & FRUITS

Food Item	Creditable		Comments
	Yes	No	
Soybean, Edible, Edmame or MaoDou	X		High in protein and fiber
Spaghetti Sauce (commercial)	X		It is creditable if tomatoes are the first ingredient listed on the label and water is not listed as an ingredient; or tomato paste is the first ingredient listed; or there is a statement from the manufacturer that the sauce can be credited on a one to one basis.
Squash in Bread		X	See banana bread.
Toaster Pastry Filling		X	Not enough fruit/vegetable present.
Tomato Paste, Puree, or Sauce	X		See vegetable/fruit question #2.
V-8 Juice	X		
Vegetable Juice Blends	X		Vegetable juice blends are mixed, full-strength vegetable juice.
Vinegar		X	
Yogurt with fruit		X	Less than 1/8 cup per serving. Fruit added to plain yogurt may be credited if there is at least 1/8 cup fruit per serving.
Zucchini Bread		X	See banana bread.

VEGETABLES AND FRUITS

Questions and Answers

1. **Question: How is coleslaw, potato salad, or Waldorf salad credited?**

Answer: The fruit and vegetable ingredients in the above all count towards meeting the fruit/vegetable requirement. Other ingredients such as mayonnaise, nuts, or marshmallows are noncreditable foods and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a one-fourth cup serving of coleslaw containing noncreditable ingredients would not equal a one-fourth cup of fruit/vegetable.

2. **Question: Are tomato paste, tomato puree, and tomato sauce creditable?**

Answer: Yes. Each of these equals 1/4 cup vegetable:

1 tablespoon paste (used as an ingredient in a recipe)
2 tablespoons puree (used as an ingredient in a recipe)
1/4 cup sauce

3. **Question: Is catsup creditable?**

Answer: No.

4. **Question: Is the tomato paste, puree, or sauce on homemade pizza creditable?**

Answer: Yes. The tomato product is creditable in an amount equal to its reconstituted volume. Only individual servings equaling at least one-eighth cup reconstituted are creditable.

Exception: To credit commercial pizza, CN labeling is required, or you must have a product analysis sheet from the manufacturer stating the amount of paste, sauce, or puree per serving.

5. **Question: Are commercial spaghetti sauces creditable?**

Answer: Commercial spaghetti sauce is creditable if tomatoes are the first ingredient listed on the label and water is not listed as an ingredient; or tomato paste is the first ingredient listed; or there is a statement from the manufacturer that the sauce can be credited on a one to one basis.

VEGETABLES AND FRUITS

Questions and Answers (continued)

6. Question: Are raisins and other dried fruits creditable?

Answer: Yes. However, the fruit/vegetable requirement is based on volume. A serving of raisins or other dried fruit may be impractical for a participant to consume. The minimum creditable serving size is one-eighth cup. If dried fruit is served at the breakfast or snack meal, it is recommended that another fruit/vegetable component be served with the dried fruit.

7. Question: Are raisins in rice or bread pudding creditable?

Answer: Yes. However, at least one-eighth cup of raisins must be in each serving to be creditable. In most recipes, not enough raisins are used to meet this requirement.

8. Question: How can I tell if juice is 100% full-strength juice?

Answer: The label will state "Juice", "Full-strength Juice", "Single-strength Juice", "Reconstituted Juice", "Juice from Concentrate", or "Juice Concentrate." Juice that has the word "cocktail", "natural", "beverage", or "drink" on the label or juice that is sweetened with sugar, sucrose, or corn syrup, is not 100% juice.

9. Question: Are juices and juice concentrates acceptable?

Answer: Yes. "Juice" is defined as any product, liquid or frozen, labeled "juice", "full-strength juice", "single-strength juice", "100% juice", "all-juice blends", or "reconstituted juice." Juice concentrates are creditable as reconstituted. One tablespoon of frozen juice concentrate equals one-fourth cup of fruit juice when the directions call for one part juice to three parts water. Two tablespoons of frozen juice concentrate equal one-fourth cup of fruit juice when the directions call for one part juice concentrate to one part water.

Exception: Juices labeled as "juice beverage" are not creditable upon reconstitution.

10. Question: Are "V-8" juice and apple cider creditable as juices?

Answer: Yes. Both of these are full-strength juices. Be sure to serve apple ciders and juices that have been pasteurized, to avoid E.Coli food poisoning.

VEGETABLES AND FRUITS

Questions and Answers (continued)

11. Question: What is a “juice drink” and is it creditable?

Answer: No. A juice drink is a product resembling juice which contains full-strength juice along with added water and possibly other ingredients such as sweeteners, spices, or flavorings. A juice drink may be canned, frozen, or reconstituted from a frozen concentrate or a “juice base.” It may be served in either liquid or frozen state or as an ingredient in a recipe. Examples of juice drinks are apple juice drink, grape juice drink, orange juice drink, and pineapple-grapefruit juice drink. **A juice drink may not be credited as a fruit/vegetable component in the CACFP or SFSP.**

12. Question: Are canned soups creditable toward meeting the vegetable/fruit requirement?

Answer: Some are. The following condensed soups (one part soup to one part water) and ready-to-serve soups may be credited toward the vegetable/fruit requirement: minestrone; tomato; tomato with other basic components, such as rice; vegetable (all vegetable); vegetable with other basic components such as meat or poultry; and bean and pea soups, including cream of pea. One cup reconstituted or ready-to-serve soup is equivalent to about one-fourth cup of vegetable. One-half cup of bean, lentil, or split pea soup equals one-fourth cup of the vegetable requirement.

13. Question: Are dehydrated soups creditable?

Answer: Yes. Some dehydrated soups are creditable. Tomato and split pea soups are creditable with one cup of soup equaling one-fourth cup serving of vegetables/fruits. Vegetable soups with at least one-eighth cup of vegetables per serving are creditable.

14. Question: Are dehydrated vegetables creditable and how are yields determined?

Answer: Yes. Dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the rehydrated volume. The fresh volume that may be stated on the container is **not** to be used. Keep in mind that rehydration yields often vary from brand to brand. This means that the procedure stated below may need to be repeated for each brand of dehydrated product. Yields for dehydrated products are published in the vegetable/fruit section of the *Food Buying Guide*.

VEGETABLES AND FRUITS

Questions and Answers (continued)

Determine the rehydrated volume as follows:

- a. Rehydrate a purchase unit of the dehydrated vegetable according to manufacturer's directions. If directions are not on the container, request rehydration directions from the manufacturer.
- b. Measure the rehydrated volume.
- c. Measure the number of one-fourth cup servings of rehydrated product one purchase unit provides.
- d. Keep a record of the yield data obtained at the center as verification. Records should include information on the size of the purchase unit, the number of one-fourth cup servings of rehydrated product per purchase unit, the name of the manufacturer, and the manufacturer's directions for how to rehydrate the product.

15. Question: Can popsicles or frozen fruit bars be credited as fruits/vegetables?

Answer: No. Only homemade bars made with 100% juice are creditable. You must put HM (homemade) on the menu. Please note, most common commercial products do not contain "juice" or "fruit" in the required amount to be creditable.

16. Question: Can fruit cocktail or mixed vegetables served by themselves or in a casserole be used alone to meet the requirement of serving two or more fruits/vegetables at lunch and supper?

Answer: No. These type items are considered as only one item. However, items such as chef's salad or fruit plate and cottage cheese may be creditable as two servings of fruit/vegetables because the two or more fruits/vegetables are identifiable as individual servings and reserved as part of an entrée.

17. Question: Can the fruit and/or vegetable in glorified rice, gelatin, or in holiday fruitcake be counted towards the fruit/vegetable requirement?

Answer: Yes. The fruit and/or vegetable used must equal at least one-eighth cup per serving. (Gelatin alone does not meet any of the CACFP meal pattern requirements.)

VEGETABLES AND FRUITS

Questions and Answers (continued)

18. **Question:** Are edible plants such as dandelion greens, burdock, lamb's quarter (pigweed) and amaranth creditable?

Answer: Yes.

19. **Question:** Is hominy creditable?

Answer: No. Hominy is not creditable because it is not made from the whole kernel of corn.

20. **Question:** Can all fruit or vegetables in recipes or combination dishes be counted toward meeting the fruit/vegetable component?

Answer: Yes. All fruits or vegetables in a recipe or combination dish may be combined and counted toward meeting the fruit/vegetable component of a meal or snack if the combined volume provides at least one-eighth cup fruit/vegetable per participant. Combination dishes served as an accompaniment to the entrée or main dish may be credited for a maximum of two components, one of which may be a fruit/vegetable.

21. **Question:** Are pickles and olives creditable as fruits/vegetables?

Answer: No. They are considered to be condiments or garnishes. They are very high in sodium.

22. **Question:** Are commercially canned, ready-to-use fruit pie fillings creditable in the CACFP?

Answer: Yes. However, only one-half credit is allowed. That is, one-half cup of fruit pie filling would provide one-fourth cup of fruit credit unless otherwise documented by the center. This applies to commercially canned, ready-to-use pumpkin pie filling. From a nutritional viewpoint, the serving of these products is discouraged because the sugar content is high. Providing fresh fruits as a dessert may be a better choice because it encourages participants to develop and maintain positive food habits.

23. **Question:** Are homemade fresh fruit pie fillings fully creditable?

Answer: Yes. Only as a fruit component. This also applies to canned 100% pumpkin. You must indicate HM on the menus.

VEGETABLES AND FRUITS

Questions and Answers (continued)

- 24. Question: Are fruit sauces such as orange sauce made with orange juice or blueberry sauce made with canned blueberries creditable?**

Answer: Yes. However, **only** the fruit portion of the sauce, i.e., the orange juice or canned blueberries, is creditable. To determine the creditable portion size, the amount of fruit in each serving would need to be determined by dividing the total amount of fruit used by the number of servings prepared.

- 25. Question: Are home canned fruits and vegetables allowable?**

Answer: No. The USDA and Missouri Department of Health and Senior Services prohibit the use of home canned foods in centers. Home canned foods have no standards of inspection, testing, or approval as required for commercially canned products. While the likelihood of danger related to the use of home canned food products may be small, the use of any food item that has potential for endangering the health and well-being of participants must be prohibited.

- 26. Question: Are home frozen fruits and vegetables creditable?**

Answer: Yes.

- 27. Question: Are home grown fresh fruits and vegetables creditable?**

Answer: Yes.

- 28. Question: Can the fruit or vegetable in pudding or gelatin be counted towards the fruit/vegetable requirement?**

Answer: Yes, however at least 1/8 cup must be present in each serving. Gelatin or pudding alone will not meet the CACFP requirement.

- 29. Question: How do I prepare a homemade pizza so that it is creditable as a fruit/vegetable component?**

Answer: A homemade pizza may be counted as one fruit/vegetable component. In order to do this, the pizza should include pizza sauce and vegetables or fruit toppings. The amount of sauce on a commercial pizza is not sufficient to count as a vegetable unless the pizza is CN labeled.

VEGETABLES AND FRUITS

Questions and Answers (continued)

30. Question: Is commercial Salsa creditable as a vegetable/fruit component?

Answer: Commercial Salsa may receive credit towards the vegetable/fruit component if it meets the following criteria:

- a. The minimum amount that can be used to receive credit is one-eighth cup.
- b. For products that contain all vegetable ingredients plus minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume requirement. These salsas may be credited on a volume for volume basis. The USDA commodity salsa fits into this category.
- c. For products that contain non-vegetable components, like gums, starches or stabilizers, documentation of the percentage of vegetable in the product is required to count the salsa as a vegetable/fruit component. Documentation can be a CN label or a manufacturer's product analysis stating the product's contribution to the meal pattern.

GRAINS/BREADS

GRAINS/BREAD REQUIREMENT

The meal pattern for the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP) requires a serving of grains/breads for the breakfast, lunch and supper meals. Grains/breads may be served as one of two components for the snack. The amount required at each meal is specified in the meal pattern for the CACFP and SFSP.

In the mid 1990's the United States Department of Agriculture (USDA) made changes in the criteria for determining what is to be considered a creditable grains/breads component. These changes are a result of revisions made in the requirements for the National School Lunch and School Breakfast Programs.

In June of 1995, USDA implemented the School Meals Initiative for Healthy Children, which requires schools participating in the National School Lunch Program and School Breakfast Program to serve meals which meet the Dietary Guidelines for Americans. As part of this initiative, schools are required to reduce the amount of fat in school meals and to provide additional servings of fruit, vegetables, and grains/breads. In order to help schools meet the new standards, USDA has allowed more flexibility in determining what is considered a creditable grains/breads component.

Grains/Breads Serving Sizes / Weight Table

Note: amounts needed by adults in adult day care are different for the snack meal than for breakfast, lunch, and supper. Children are served the same amounts for breakfast, lunch, supper, and snack.

Amounts of Grains/Breads Needed for Breakfast, Lunch, Supper, and Snack¹

	Ages 1 thru 2	Ages 3 thru 5	Ages 6 thru 12 and SFSP 1 thru 18²	Adults (breakfast, lunch, supper)	Adults (snack)
Bread	1/2 slice	1/2 slice	1 slice	2 slices	1 slice
Cold Dry Cereal	3/8 cup or 1/2 ounce	3/8 cup or 1/2 ounce	3/4 cup or 1 ounce	1 1/2 cup or 2 ounces	3/4 cup or 1 ounce
Pasta/ Noodles/Rice	1/4 cup	1/4 cup	1/2 cup	1 cup	1/2 cup
Cooked Cereal Grains	1/4 cup	1/4 cup	1/2 cup	1 cup	1/2 cup
Group A <ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Saltines and snack crackers • Croutons • Pretzels (hard) • Stuffing (dry) 	10 gm or 0.4 oz	10 gm or 0.4 oz	20 gm or 0.7 oz	40 gm or 1.4 oz	20 gm or 0.7 oz
Group B <ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads • Buns • Graham and animal crackers • Egg roll skins • English muffins • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells 	13 gm or 0.5 oz	13 gm or 0.5 oz	25 gm or 0.9 oz	50 gm or 1.8 oz	25 gm or 0.9 oz

¹ The source of this information is Section 3 of the USDA Food Buying Guide. See Food Buying Guide for more information.

² At-risk after school programs and emergency shelters may serve children through age 18 and SFSP sponsors may request permission, in writing, to serve smaller portions to children under the age of 6.

Amounts of Grains/Breads Needed for Breakfast, Lunch, Supper, and Snack¹ (continued)

	Ages 1 thru 2	Ages 3 thru 5	Ages 6 thru 12 and SFSP 1 thru 18²	Adults (breakfast, lunch, supper)	Adults (snack)
Group C <ul style="list-style-type: none"> • Cookies (plain)³ • Cornbread • Corn muffins • Croissants • Pancakes • Waffles 	16 gm or 0.6 oz	16 gm or 0.6 oz	31 gm or 1.1 oz	62 gm or 2.2 oz	31 gm or 1.1 oz
Group D <ul style="list-style-type: none"> • Doughnuts (cake and yeast raised, unfrosted)⁴ • Granola bars (plain)⁴ • Muffins (except corn)⁴ • Sweet rolls (unfrosted)⁴ • Toaster pastries (unfrosted)⁴ 	25 gm or 0.9 oz	25 gm or 0.9 oz	50 gm or 1.8 oz	100 gm or 3.6 oz	50 gm or 1.8 oz
Group E <ul style="list-style-type: none"> • Cookies (with nuts, raisins, chocolate pieces and/or fruit)³ • Doughnuts (cake and yeast raised, frosted or glazed)⁴ • French toast • Grain fruit bars⁴ • Granola bars (with nuts, raisins, chocolate pieces and/or fruit)⁴ • Sweet rolls⁴ • Toaster pastries (frosted)⁴ 	31 gm or 1.1 oz	31 gm or 1.1 oz	63 gm or 2.2 oz	126 gm or 4.4 oz	63 gm or 2.2 oz

¹ The source of this information is Section 3 of the USDA Food Buying Guide. See Food Buying Guide for more information.

² At-risk after school programs and emergency shelters may serve children through age 18 and SFSP sponsors may request permission, in writing, to serve smaller portions to children under the age of 6.

³ Creditable for snack only; limited to no more than two times per week and no more than one time per day.

⁴ Creditable for breakfast or snack only; limited to no more than one breakfast and/or two snacks per week.

Amounts of Grains/Breads Needed for Breakfast, Lunch, Supper, and Snack¹ (continued)

	Ages 1 thru 2	Ages 3 thru 5	Ages 6 thru 12 and SFSP 1 thru 18²	Adults (breakfast, lunch, supper)	Adults (snack)
Group F <ul style="list-style-type: none"> • Cake (plain, unfrosted)³ • Coffee cake⁴ 	38 gm or 1.3 oz	38 gm or 1.3 oz	75 gm or 2.7 oz	150 or 5.4 oz	75 gm or 2.7 oz
Group G <ul style="list-style-type: none"> • Brownies (plain)³ • Cake (all varieties, frosted)³ 	58 gm or 2 oz	58 gm or 2 oz	115 gm or 4 oz	230 gm or 8 oz	115 gm or 4 oz

¹ The source of this information is Section 3 of the USDA Food Buying Guide. See Food Buying Guide for more information.

² At-risk after school programs and emergency shelters may serve children through age 18 and SFSP sponsors may request permission, in writing, to serve smaller portions to children under the age of 6.

³ Creditable for snack only; limited to no more than two times per week and no more than one time per day.

⁴ Creditable for breakfast or snack only; limited to no more than one breakfast and/or two snacks per week.

GRAINS/BREADS REQUIREMENT

- ✓ All grains/breads must be enriched or whole-grain, made from enriched or whole-grain flour or meal, or if it is a cereal, the product must be whole-grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
- ✓ The label must indicate that the product is enriched or whole-grain; made from enriched or whole grain meal or flour as well as bran and/or germ; or fortified.
- ✓ If the grain/bread is enriched, it must meet the Food and Drug Administration's Standard of Identity for enriched bread, macaroni and noodle products, rice, or cornmeal.
- ✓ The grain/bread product must contain enriched flour and/or whole-grain, germ or bran as specified on the label or according to the recipe, or must be enriched in the preparation and processing and labeled "enriched."
- ✓ A serving of grains/breads must contain no less than 14.75 grams enriched flour and/or whole-grain, germ or bran. The Weight Table for Grains/Breads provides information on equivalent minimum serving sizes for a wide variety of items.
- ✓ For lunch and supper, the grains/breads may not be a dessert.
- ✓ The grains/breads item must be provided in the quantities specified in the regulations. One quarter (1/4) of one serving is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.

GRAINS/BREADS

Food Item	Creditable		Comments
	Yes	No	
Bagels	X		
Banana Bread	X		See Quick Bread and Grains/Breads question #24, 32.
Bagel Chips	X		See Chips and Grains/Breads question #10.
Batter Type Coating	X		See Breeding/Batter.
Biscuits	X		See Weight Table for Grains/Breads, Group B.
Boston Brown Bread	X		See Quick Bread and Grains/Breads question #24, 32.
Bread Pudding	X		Bread pudding may be credited for snack only if made with whole grain or enriched bread. See Grains/Breads question #2, 32.
Breads (white, rye, whole wheat, pumpernickel, multi-grain, Italian, Roman meal, French, etc.)	X		Breads may be credited based on the amount of whole-grain, bran, germ and/or enriched flour or meal in the recipe. See Weight Table for Grains/Breads, Group B.
Bread Sticks, hard	X		See Grains/Breads question #10.
Bread Stuffing/Dressing	X		Homemade and commercial types. See Grains/Breads question #20.
Breeding/Batter	X		May be credited when served as part of the main dish (meat/meat alternate). The actual amount of breeding/batter on a product may be difficult to determine and breeding/batter may be high in sodium and fat. It is recommended that an additional grain/bread be served with breeding/batter. See Grains/Breads question #8.
Brownies	X		Plain brownies may be credited for snack only. Dessert type snacks, such as brownies may not be served more than two times per week, and no more than once per day. See Grains/Breads question #4, 32.
Bulgur	X		
Bun, hamburger and hot dog	X		

GRAINS/BREADS

Food Item	Creditable		Comments
	Yes	No	
Cake	X		Cake may be credited for snack only. See Weight Table for Grains/Breads, Groups F and G. Dessert type snacks such as cake may not be served more than two times per week and no more than once per day. See Grains/Breads question #17, 32.
Caramel Corn		X	Popcorn does not meet the definition of grains/breads. See Grains/Breads question #11.
Carrot Bread	X		See Quick Bread and Grains/Breads question #24, 32.
Cereal Bars	X		Creditable at breakfast and snack only. See Grains/Breads question #6, 32.
Cereal, cooked	X		
Cereal, dry	X		See Grains/Breads question #23.
Cheese Puffs	X		See Chips and Grains/Breads question #10.
Chips, whole grain	X		Chips made from whole grain or enriched flour or meal are creditable. Snack chips are creditable for lunch, supper, and snack and are limited to a total of no more than two times per week. See Grains/Breads question #10.
Chow Mein Noodles	X		
Cinnamon/Danish Rolls	X		Creditable for breakfast and snack only. See Grains/Breads question #7, 32.
Cobbler, fruit		X	
Coffee Cake	X		Creditable for breakfast and snack only. See Grains/Breads question #7, 32.

GRAINS/BREADS

Food Item	Creditable		Comments
	Yes	No	
Cookies	X		Cookies made with whole grain or enriched flour or meal are creditable for snack only. Dessert items such as cookies are limited to no more than two times per week for snack and no more than once each day. See Grains/Breads question #4, 32.
Corn		X	See Fruits/Vegetable section for crediting information.
Cornbread	X		
Corn Chips	X		See Chips and Grains/Breads question #10.
Corn Dog Batter	X		See Breeding/Batter and Grains/Breads question #9.
Cornbread Muffin	X		See weight table for Grains/Breads Group C.
Couscous	X		
Crackers (saltines)	X		See weight table for Grains/Breads Group A.
Cream Puff Shells	X		Creditable for snack only if made from whole grain or enriched flour or meal. Dessert type grains/breads may not be served more than two times per week, or more than once per day. See question #32.
Crepes	X		See Weight Table for Grains/Breads, Group C.
Crisp		X	
Croissants	X		
Croutons	X		See Grains/Breads question #21.
Cupcakes	X		See Cakes and Grains/Breads question #17. Dessert type grains/breads may not be served more than two times per week, or more than once per day.
Danish Pastry	X		Creditable for breakfast and snack only. See Cinnamon/Danish Rolls and Grains/Breads question #7, 32.

GRAINS/BREADS

Food Item	Creditable		Comments
	Yes	No	
Doughnuts	X		Creditable for breakfast and snack only. Because of the high fat and sugar content, it is recommended that service be limited to no more than one time per week. See Grains/Breads question #22, 32.
Dressing	X		See Bead Stuffing/Dressing and Grains/Breads question #20.
Dumplings	X		See Breeding/Batter.
Egg Roll or Won Ton Wrappers	X		See Weight Table for Grains/Breads, Group B.
English Muffins	X		
Fig Newtons	X		See Grains/Breads question #5, 32.
French Bread	X		See Breads.
French Toast	X		
Gingerbread	X		See Quick bread and Grains/Breads question #24, 32.
Glorified Rice	X		See Rice Pudding and Grains/Breads question #2, 32.
Grain Fruit Bars/Nutrigrain Bars	X		Creditable for breakfast and snack only. See Weight Table for Grains/Breads, Group E. See question #32.
Granola Bars	X		Creditable for breakfast and snack only. See Grains/Breads question #27, 32.
Grits, Corn	X		Must be enriched or whole grain.
Hominy		X	Hominy is not made from the whole kernel of corn and therefore, does not meet the criteria for grains/breads.
Ice Cream Cones Ice Cream Sandwiches Ice Cream Novelties		X	Amount required may be impractical.
Lefsa	X		See Grains/Breads question #26.
Macaroni (all shapes)	X		Must be enriched or whole grain. See Weight Table for Grains/Breads Group H.
Masa	X		Serving size is not practical.
Melba Toast	X		
Millet	X		See Weight Table for Grains/Breads, Group H.

GRAINS/BREADS

Food Item	Creditable		Comments
	Yes	No	
Muffins	X		Creditable for breakfast and snack only (except for corn muffins). See Weight Table for Grains/Breads, Group D. See question 32.
Nachos	X		See Chips and Grains/Breads question #10.
Noodles	X		See macaroni.
Nut or Seed Meal or Flour		X	Nuts and seeds are not grains and there are no standards for enrichment. See Grains/Breads question #29.
Oat Bran	X		
Pancakes	X		See Weight Table for Grains/Breads, Group C.
Party Mix	X		May be credited based on the amount of cereal per serving. See Grains/Breads question #23.
Pasta, all shapes	X		See macaroni.
Pie Crust		X	
Pineapple Upside-Down Cake	X		See Cake and Grains/Breads question #18, 32. Dessert type grains/breads may not be served more than two times per week, or more than once per day.
Pita Bread	X		
Pizza Crust	X		
Pop Tarts and Toaster Pastries	X		Creditable for breakfast and snack only. See Grains/Breads question #19, 32.
Popcorn		X	Does not meet the criteria for grains/breads. See Grains/Breads question #11.
Popovers		X	
Potato Chips or Shoestring Potatoes		X	Not grain-based. See Grains/Breads question #12.
Potato Pancakes		X	Contain a minimal amount of flour or meal.
Potatoes		X	Creditable as a fruit/vegetable component.

GRAINS/BREADS

Food Item	Creditable		Comments
	Yes	No	
Pound Cake	X		For snack only. See Cakes and Grains/Breads question #17, 32. Dessert type grains/breads may not be served more than two times per week, or more than once per day.
Pretzel Chips	X		See Chips and Grains/Breads question #10.
Pretzels, hard	X		See Chips and Grains/Breads question #10.
Pretzels, soft	X		
Puff Pastry		X	
Pumpkin Bread	X		Creditable for breakfast and snack only. See Quick Breads and Grains/Breads question #24, 32.
Quick Bread	X		Creditable for breakfast and snack only. See Grains/Breads question #24, 32.
Quinoa	X		See Grains/Breads question #30.
Raisin Bread	X		See Grains/Breads question #15.
Ravioli	X		The noodle portion only if no CN label
Rice Cakes	X		Creditable for breakfast and snack only. See Grains/Breads question #3.
Rice Cereal Bars	X		Creditable for breakfast and snack only. Dessert type snacks may be served no more than two times per week, and no more than one time per day. See Grains/Breads question #6, 32.
Rice Pudding	X		Creditable for snack only. Dessert type snacks may be served no more than two times per week, and no more than one time per day. See Grains/Breads question #2, 32.
Rice, white or brown	X		Must be enriched or whole grain. See Weight Table for Grains/Breads Group H.
Rolls, all varieties	X		See Breads.
Rye Wafers	X		See Grains/Breads question #16.
Scones	X		See Weight Table for Grains/Breads, Group E.

GRAINS/BREADS

Food Item	Creditable		Comments
	Yes	No	
Sopapillas	X		Creditable for snack only. Dessert type snacks may not be served more than two times per week, or more than once per day. See Weight Table for Grains/Breads, Group C.
Squash Bread	X		See Quick Breads and Grains/Breads question #24.
Stuffing	X		See Bread Stuffing/Dressing and Grains/Breads question #20.
Sweet Rolls – sticky buns, cinnamon rolls, Danish pastry, caramel rolls, snack cakes	X		Creditable for breakfast and snack only. See Cinnamon/Danish rolls. See question #32
Taco Chips	X		See Chips and Grains/Breads question #10.
Taco Shell	X		See Grains/Breads question #13.
Tapioca Pudding		X	
Toaster Pastry	X		Creditable for breakfast and snack only See Pop Tarts. See question #32
Tortilla Chips, wheat or corn	X		See Chips and Grains/Breads question #10.
Tortillas, wheat or corn	X		See Grains/Breads question #13.
Turnovers	X		See Grains/Breads question #1, 32.
Waffles	X		
Wheat Germ	X		
Wild Rice	X		
Zucchini Bread	X		Creditable for breakfast and snack only See Quick Breads and Grains/Breads question #24, 32.
Zwieback	X		See Weight Table for Grains/Breads, Group A.

GRAINS/BREADS

Questions and Answers

- 1. Question: Can piecrust be credited as a grain/bread?**

Answer: No.

- 2. Question: Are glorified rice and bread or rice pudding creditable as a grain/bread?**

Answer: Yes. These foods are creditable for snacks. The amount of cooked rice in rice pudding and glorified rice must equal one-fourth cup per serving. They are **not** creditable for breakfast, lunch, or supper because they are considered a dessert. Dessert items are creditable for snack no more than two times per week, and no more than one time per day.

- 3. Question: Are rice cakes an acceptable grain/bread?**

Answer: Yes, for breakfast and snack only.

- 4. Question: Are cookies, bars, and brownies creditable?**

Answer: Yes, for snacks only. The Missouri Department of Health and Senior Services (MDHSS) limits the service of cookies, bars, brownies, cakes, and other sweet desserts to no more than two times per week, and no more than one time per day. See question #32.

- 5. Question: Are Fig Newtons creditable?**

Answer: Yes. For snacks only, as long as they are made with enriched or whole grain flour. Cookies are a dessert and are limited to no more than two times per week and no more than one time per day. See question # 4, 32.

- 6. Question: Are Rice Krispie bars or similar bars made from a cereal product creditable?**

Answer: Yes. For snack only if the cereal is enriched or fortified. Cereal bars are considered a snack dessert and are limited to no more than two times per week, and no more than one time per day. See question #32.

- 7. Question: Can cinnamon rolls or coffee cake be credited as a grain/bread?**

Answer: Yes. Those that are made with enriched or whole-grain flour are creditable for breakfast and snack only. See question #32.

GRAINS/BREADS

Questions and Answers (continued)

8. Question: Are batters and/or breading creditable as grains/breads?

Answer: Yes. Batters and/or breadings have been added to the list of creditable grains/breads in the CACFP and SFSP. These products may be used as grains/breads if (a) served as part of the main dish (meat/meat alternate), and (b) are made with enriched or whole grain flour or meal. To determine the credit for a product containing batter and/or breading, use one of the following methods:

- a. Rely on Child Nutrition (CN) labeled products;

Remove and document the weight of the cooked batter and/or breading from a serving of the product. A serving of bread must weigh 0.7 ounces, a half serving, 0.4 ounces. A serving of batter must weigh 0.9 ounces, a half serving, 0.5 ounces. Refer to the Weight Table for Grains/Breads for portion sizes.

9. Question: Can breading on corndogs be creditable?

Answer: Yes, if made with enriched or whole grain flour or meal. Document the weight of the breading as indicated in question #8. See Meat question #30 and #32.

10. Question: Are corn chips, taco chips, hard pretzels, and similar foods creditable?

Answer: Yes, as long as they are made with whole grain or enriched flour or meal. They are creditable for lunch, supper, and snack. Because many of these types of snack chips contain excess fat and salt, MDHSS limits the serving of snack type chips to no more than a total of two times per week.

11. Question: Is popcorn creditable?

Answer: No. The amount of popcorn needed to meet minimum serving size requirements would not be practical for small children. Also, popcorn presents a choking hazard for children under the age of three.

12. Question: Are shoe-string potatoes and potato chips creditable?

Answer: No. These items are made from potatoes and do not contain whole grain or enriched flour or meal.

GRAINS/BREADS

Questions and Answers (continued)

13. Question: Are tortillas and taco shells creditable?

Answer: Yes, if made from whole grain or enriched flour or meal.

14. Question: How are corn tortillas and other corn products credited?

Answer: When crediting corn tortillas or other corn products as a grain/bread, whole grain or enriched corn must be used. Use the following reference when reading the ingredient list:

May Be Credited

Corn
Whole-ground corn
Whole-germed corn
Cornmeal
Corn flour
Enriched cornmeal
Enriched corn flour
Enriched corn grits

May Not Be Credited

Corn grits
Degerminated corn flour
Degerminated corn meal

15. Question: Is raisin bread, toasted or untoasted, creditable?

Answer: Yes. Raisin toast and bread are creditable toward the grain/bread requirement for breakfast and snack. The raisins in the bread are **not** creditable toward the fruit/vegetable requirement for any of the meals.

16. Question: Are wafers a creditable grain/bread in the CACFP?

Answer: Yes, if made with whole grain or enriched flour or meal. When serving wafers, specify the type on the menu. Crackers such as rye or wheat wafers are creditable for lunch, supper, and snack. Vanilla wafers are considered a dessert and are creditable for snacks only. Desserts are creditable for snack no more than two times per week and no more than one time per day. See question #32

17. Question: Are dessert cakes, Little Debbie's, Hostess snack products and similar cake/snack items creditable?

Answer: Yes, if made with whole grain or enriched flour or meal. Cake and cake like items are creditable for snack only. The use of cake, brownies, cookies, and other dessert items are limited to a total of no more than two times per week, and no more than once per day. See question #32.

GRAINS/BREADS

Questions and Answers (continued)

18. Question: Is pineapple upside-down cake creditable?

Answer: Yes. The cake portion is creditable as a grain/bread if made with whole grain or enriched flour. The fruit portion is **not** creditable unless each serving provides a minimum of 1/8 cup fruit. Cake is creditable for snack only. Dessert items such as cake are limited to a total of no more than two times per week and no more than once per day. See question #32.

19. Question: Are pop tarts, and various toaster pastries creditable as a grain/bread?

Answer: Yes. Pop tarts meet the bread requirement for breakfast and snacks only when (a) enriched or whole grain flour or meal is used and (b) minimum serving size requirements are met. Jelly filled or fruit filled toaster pastries do not meet any part of the fruit/vegetable requirement for any meal. See weigh chart on page .See question #32

20. Question: Is bread stuffing creditable in the CACFP?

Answer: Yes. Homemade and commercial type stuffing mixes are creditable if the product is made with whole grain or enriched flour or meal.

21. Question: Are croutons a creditable grain/bread?

Answer: Yes, if made from whole grain or enriched flour or meal.

22. Question: Are doughnuts a creditable grain/bread?

Answer: Yes, if made with whole grain or enriched flour or meal. Doughnuts are creditable for breakfast and snack only. Because of their high sugar and fat content, doughnuts are limited to no more than one breakfast or two snacks per week per question #32.

GRAINS/BREADS

Questions and Answers (continued)

- 23. Question: Are cold dry cereals an acceptable grain/bread? Can they be mixed and served as a “party mix”?**

Answer: Yes. Dry cereal is an acceptable grain/bread for breakfast and snack only. Cold dry cereal or hot cooked cereal is not an acceptable grain/bread for lunch or supper. The cereal must be whole-grain, enriched or fortified. Cereals that meet this criteria may be mixed and served as a snack. However, foods such as nuts, seeds, or candies added to the mix are not creditable as grains/breads and their weight must be subtracted from the party mix. Only the weight or measure of the creditable cereals that go into a party mix is creditable as the grain/bread component.

- 24. Question: Can quick breads be served as an acceptable grain/bread?**

Answer: Yes. Quick breads such as pumpkin, zucchini, banana, carrot, or gingerbread may be credited as a grain/bread if made with whole grain or enriched flour or meal. They are creditable for breakfast and snack only. See question #32.

- 25. Question: Are puff pastry shells creditable as a grain/bread component?**

Answer: No

- 26. Question: Can lefsa be credited as a grain/bread?**

Answer: Yes. Lefsa is creditable as a grain/bread when made with enriched or whole grain flour or meal.

- 27. Question: Are granola bars creditable?**

Answer: Yes, granola bars are creditable for breakfast and snack only. See question #32

- 28. Question: Is granola cereal an acceptable grain/bread?**

Answer: Yes. Commercial and homemade granola cereals are acceptable grain/bread components for breakfast and snack only. However, any nuts, seeds, coconut, dried fruit, etc. is not to be included when determining the serving size requirements. Refer to the Weight Table for Grains/Breads for information on minimum weights per serving.

GRAINS/BREADS

Questions and Answers (continued)

- 29. Question: May nut or seed meal or flour be used to meet the grain/bread requirement?**

Answer: No. Nuts and seeds are not grains, and there are no standards for enrichment for these foods.

- 30. Question: Is quinoa creditable?**

Answer: Yes, quinoa is creditable. It is a pseudo-cereal from an annual herb. It is so close to being a whole grain that its flour is creditable as a whole grain type of flour. It grows where corn and maize do not. Seeds may be red, white, or black.

- 31. Question: Are graham crackers, teddy grahams, and animal crackers considered a cracker or a cookie?**

Answer: These items are considered crackers and may be served as a grain/bread component at snack only. They are not creditable for lunch or supper because they are not an accompaniment to the main dish

- 32. Question: Is there a limit to how many times sweet pastry items, cookies, cakes, pie, quick breads, breakfast type pastries, toaster pastries, sweet rolls, doughnuts, muffins, cereal bars, and other sweet breads or desserts can be served?**

Answer: Yes. All foods normally served as a sweet breakfast pastry, dessert item or sweet snack food are limited to service at no more than one breakfast and or two snack meals per calendar week. It is encouraged that fewer of these are served each week as they are high calories, high in sugar, high in fat, and have minimal nutritional value per serving.

INFANT FEEDING

INFANT FEEDING

The Infant Meal Pattern allows for a gradual introduction of solid foods and requires breastmilk or iron fortified infant formula up to the first birthday. The texture and amount of the feeding should be consistent with the developmental age of the infant. For emotional, nutritional and physical growth, infants need foods that are rich in nutrients. Food such as strained meat, fruit, vegetables, iron-fortified dry infant cereal, iron-fortified infant formula, and breastmilk provide the maximum amount of vitamins and minerals for growing babies. Combination or mixed commercial baby foods are not creditable because water often is listed as the first ingredient, and it is difficult to determine from the ingredient label the actual amounts of the food components in the product.

Parents should give you important information to help you in feeding their babies. You must communicate frequently with the parents so that you can coordinate foods served at home with foods served in your care. In this way, you can assure the best care for the babies.

Breastmilk provided by the infant's mother may be served from birth until the child is weaned from breastmilk. Meals containing only breastmilk qualify for reimbursement for infants 0 through 7 months of age only when the breastmilk, provided by the mother, is fed to the infant by child care staff. Meals containing breastmilk served to infants in the 8 through 11 month age group may be claimed for reimbursement only if all other required food components are served. In the child meal pattern, breastmilk may be substituted for cow's milk after the 1st birthday only if the mother has requested.

Infant formula must be iron-fortified in order for infant meals to be claimed for reimbursement. The formula offered must meet the needs of the majority of infants in care. Fluid cow's milk is not creditable for infants under 1 year of age.

Meals containing only iron-fortified formula supplied by the infant's parent may be reimbursed for infants through 7 months of age if the parent has refused the facility provided formula. Meals containing parent provided formula may be reimbursed for infants 8 through 11 months only if the child care facility provides all other meal components as indicated by the Infant Food Chart. and the parent has refused the formula offered by the facility. An Infant Feeding Preference form signed by the parent must be on file before the meals can be claimed.

100 percent fruit juice is creditable only at snack after 8 months of age. Juice should not be offered to infants until they are ready to drink from a cup. Drinking juice from a bottle can promote tooth decay. Never prop a bottle or give a bottle to a baby during naptime. This can cause choking as well as tooth decay and ear infections.

INFANT FEEDING

- ✓ Meals containing only breast milk supplied by the parent for infants 0 through 7 months and fed to the infant by child care staff are reimbursable.
- ✓ Providers must offer at least one iron-fortified infant formula to claim infant meals for reimbursement. The formula offered must meet the needs of the majority of infants in care.
- ✓ Parents may provide iron-fortified infant formula if they have signed a statement refusing the formula offered by the provider. Meals containing only formula provided by the parent may be claimed for infants through 7 months when fed by the child care provider.
- ✓ Iron fortified dry infant cereal must be provided, at the breakfast meal, to infants between 4 through 11 months of age when developmentally ready. Iron-fortified infant cereal is an optional component of the lunch and supper meal.
- ✓ Whole milk may not be served in place of iron-fortified infant formula or breast milk. Iron-fortified infant formula or breast milk is required for infants up to one year of age.
- ✓ 100% fruit juice is creditable only at snack for infants 8 through 11 months of age. After 1 year of age, a child can be serve juice at breakfast, lunch, supper, or snack.
- ✓ Breast milk or formula must not be warmed in the microwave because uneven heating can occur and burn the infant's mouth.

INFANT FEEDING

Food Item	Creditable		Comments
	Yes	No	
Baby Food Fruit Desserts		X	Not 100% fruit.
Baby Pudding		X	
Bread Crusts	X		Must meet general criteria for a grain/bread component.
Breast milk	X		Meals containing only breast- milk may be claimed for reimbursement.
Buttermilk		X	
Cheese or Cottage Cheese	X		Meat/meat alternate for infants 8 months or older.
Combination Dinners (Commercial)		X	
Crackers	X		Must meet the general criteria for a grain/bread component.
Cream		X	
Dry Milk (reconstituted)		X	
Egg Yolk, cooked	X		Only for infants 8-12 months of age.
Egg White		X	
Evaporated Milk, includes canned goat's milk		X	
Fruit Juice	X		100% fruit juices – for snacks only and only for infants 8-12 months of age.
Half & Half		X	
High Meat Dinners or Lean Meat Dinners		X	
Homemade Baby Food	X		Avoid salt, other seasonings, and fat.
Honey		X	Contains harmful botulinum spores.
Infant Meat Sticks		X	
Iron Fortified Infant Formula (includes soy based)	X		See list of iron-fortified formulas that are approved for use in the CACFP & SFSP.
Iron Fortified Dry Infant Cereal	X		
Low Iron Formulas (includes soy based)		X	
Low-Fat Milk (1%, 2%, skim)		X	
Milupa		X	
Mixed Cereal with Fruit		X	
Peanut Butter, nuts, seeds		X	May cause choking.
Pedialyte		X	
Raw or Certified Raw Milk		X	
Single Item Baby Foods (Commercial)	X		Such as vegetables, fruits, and meats.
Whole Egg		X	
Whole Milk		X	
Yogurt		X	

INFANT FEEDING

Questions and Answers

1. **Question: How can you serve “0” tablespoons of food according to the Infant Meal Pattern Food Chart?**

Answer: Certain foods are listed as “0” tablespoons to let you know that the food is optional and should be served when infant is developmentally ready. Also, you may serve less than 1 tablespoon of those foods based on infant’s appetite.

2. **Question: Does an infant have to eat only at the specified meal times?**

Answer: No. The meal pattern states breakfast, lunch, supper, and snack, but that is only a guideline. Babies may need to eat every 2 to 4 hours or more frequently than the specified times.

3. **Question: Why are some of the food portions so small?**

Answer: The portions listed are the minimum amount required by the infant feeding regulations. You may serve larger portions to those babies who would like more.

4. **Question: Why is fruit juice not allowed as an option for fruit and/or vegetable at breakfast, lunch, and supper?**

Answer: The use of fruit juice, in addition to the required amount of formula or breastmilk at each meal would be too much liquid and could discourage the baby from eating solids.

5. **Question: Are low iron formulas creditable?**

Answer: No. Infants whose parents provide low iron formula may not be claimed for reimbursement, even if the provider is supplying the other required meal components.

Exception: The infant’s parent may obtain a signed medical statement from the infant’s physician stating the reason why the infant may not have iron-fortified infant formulas and provide the name of the formulas to be substituted.

6. **Question: Can infants less than one year of age be claimed if on whole milk instead of iron-fortified infant formula or breastmilk?**

Answer: No, here is a signed medical statement on file from a medical authority stating the need for cows milk or a substitute for formula.

INFANT FEEDING

Questions and Answers (continued)

7. **Question: Can fortified adult cereals be substituted for the iron-fortified dry infant cereal for older infants (over 8 months of age)?**

Answer: No. Adult cereals do not provide infants with the same kind of easily absorbed iron as the iron-fortified infant cereals do. In addition, adult cereals often contain added sugar or salt. USDA requires providers to supply iron-fortified infant cereal up to the infant's first birthday to claim the infant's meals for reimbursement. Iron-fortified infant cereal is a requirement at breakfast. However, at lunch and supper, iron-fortified infant cereal is optional.

8. **Question: Beech Nut has a product called a "dessert" which contains only apples, apple concentrate with water added, cinnamon and Vitamin C. There is no added sugar. Is this product creditable in the CACFP?**

Answer: No, the Beech Nut product labeled as a "dessert" is not reimbursable in the CACFP. Commercial baby foods in the dessert category, those generally having "dessert" or "pudding" as part of the product name on the front of the label, which list a fruit as the first ingredient in the ingredient listing are not reimbursable meal components in the CACFP.

9. **Question: When an infant is transitioning from breastmilk to formula, it is common to provide the infant with both, to gradually ease the infant into consuming formula in place of breastmilk. During this transition, when an infant is receiving both breastmilk and formula, is the meal reimbursable?**

Answer: Yes, from birth through eleven months, any one meal that contains portions of both breastmilk and infant formula is reimbursable.

10. **Question: If the mother comes into the child care home or center where her child is in care and breastfeeds her infant, is the meal reimbursable?**

Answer: No. While we support all efforts for mothers to breastfeed their infants, it is our intention that the provider must provide some type of "service" in order to be reimbursed for a meal. If the provider bottle-feeds an infant breastmilk that has been previously expressed by the mother, then the meal is reimbursable.

INFANT FEEDING

Questions and Answers (continued)

CACFP reimburses child care facilities for the cost of preparing and serving nutritious meals and snacks to infants and children receiving day care. In the case of breast fed infants, CACFP reimburses the facility for the cost of preparing the bottle and feeding the infant. When a parent nurses her own child, the services for which the center or the provider would receive reimbursement are not being performed.

11. Question: Is the meal reimbursable if the provider breastfeeds her own infant?

Answer: Yes, as long as the infant is otherwise eligible to receive reimbursement. The infant must be enrolled and counted in the capacity of the facility.

12. Question: The regulation states that reimbursement for meals served to infants younger than 8 months that contain breastmilk and no other food items is allowed. For snack, bread/crackers is optional for infants 8 through 11 months, with breastmilk or formula being the only required components. If the parent provides breastmilk for a 9 month old infant, is the snack reimbursable if no other food items are provided by the provider?

Answer: Yes. If the child is developmentally ready and able to eat the bread/cracker then it is no longer an optional food component.

13. Question: Are meals served to children, 12 months and older, reimbursable if they contain infant formula?

Answer: Yes, for a period of one month, when a child is weaning from infant formula to whole cow's milk (i.e., transitioning), meals that contain infant formula may be reimbursable. When a child is weaned from formula (or breast milk) to cow's milk, it is a common practice to provide the infant with both foods at the same meal service, to gradually ease the infant to accept some of the new food. However, unlike breast milk, infant formula is not an alternative type of milk, which can be substituted to meet the fluid milk requirement for the CACFP meal pattern for children over the age of one year. Thus, for a child 13 months of age and older who is not in this transitional stage, a statement from a recognized medical authority is needed for a meal containing infant formula to be eligible for reimbursement.

INFANT FEEDING

Questions and Answers (continued)

- 14. Question:** A mother would like her 5-month old infant to receive breast milk, which she provides, and solid foods, which are listed as options in the meal pattern. Because the infant is developmentally ready for solid foods, whose responsibility is it to provide them?

Answer: If an infant is developmentally ready for one or more solid food items and the parent or guardian requests that the infant be served solid foods, the center or provider is responsible for purchasing and serving them to the infant.

The CACFP infant meal pattern takes into consideration that infants develop at different paces. Some food items such as fruit and cereal are listed as options in the infant meal pattern to account for an infant's "readiness" to accept these foods (i.e., some infants are developmentally ready for solid foods earlier than others). This occurs in the breakfast and lunch/supper meal service for infants 4-7 months of age, and for the snack meal service for infants 8-11 months of age. A childcare center or provider must serve a complete meal to every infant or child enrolled. Therefore, if a child is developmentally ready for these solid foods, and the parent or guardian requests that the infant is served solid foods, the components are no longer considered as options and should be served to the infant to provide him/her with the optimal nutrition he/she needs to develop and grow.

- 15. Question:** Cottage cheese is a meat alternate in the lunch and supper meal pattern for infants aged 8 through 11 months. How much cottage cheese must be offered to fulfill the meat/meat alternate meal pattern requirement?

Answer: Cottage cheese, cheese food, and cheese spread are acceptable meat alternates in the CACFP infant meal pattern. The amount that may be offered as a meat alternate to infants, aged 8 through 11 months, is 1 to 4 ounces. See the Meat/Meat Alternate list for more specific information.

- 16. Can baby food fruits and vegetables containing DHA be served as part of the infant meal pattern?**

Answer: No. DHA is an omega-3 fatty acid known as docosahexanoic acid that may be added to commercially prepared fruits or vegetables. The source of DHA in some lines of baby food products, such as Beech-Nut First Advantage Sweet Potato Souffle or Tropical Blend, is egg yolk. These DHA-added products combine fruits or vegetables with dried egg yolk,

INFANT FEEDING

Questions and Answers (continued)

heavy cream, rice flour, vanilla extract, and other ingredients. They are not labeled or marketed as desserts, but they contain similar ingredients that may not be appropriate for an infant younger than 8 months of age. Introducing these “dessert-like” ingredients into an infant’s diet at an earlier age could result in a food sensitivity or food allergy. Although DHA-added products cannot contribute to the infant meal pattern, they may be served as additional foods to infants 8 months of age and older. Since they contain several ingredients, additives, or extenders that could cause allergic reactions, we recommend that the facility check with the infant’s parent or guardian before serving them.

- 17. The “Feeding Infants” guide discusses introducing yogurt into an infant’s diet. However, the infant meal pattern in the Regulations does not list yogurt as an acceptable meat/meat alternate. Is yogurt creditable for infants ages 8-11 months old?**

Answer: No. It may be served as an additional food item. The “Feeding Infants” publication discusses introducing yogurt in small amounts.

Iron Fortified Infant Formulas That Do Not Require a Medical Statement in the CACFP

We recommend that the facility offer the type of formula that the infant's health care provider has suggested to the infant's parent or guardian. If the facility offers a different type of formula, the infant's parent may decline the offered formula and supply another type.

Milk-based Infant Formulas:

- Mead Johnson Enfamil with Iron
- Mead Johnson Enfamil Lipil with iron
- Mead Johnson Enfamil AR
- Mead Johnson Enfamil Lactofree Lipil
- Nestle Good Start Essentials
- Nestle Good Start Supreme
- Nestle Good Start Supreme with DHA & ARA
- Nestle NAN
- Ross Similac with Iron
- Ross Similac Advance with Iron
- Ross Similac Lactose Free with Iron
- CG Nutritionals Kirkland Signature with Iron
- Wyeth-produced private label store brand soy-based infant formulas:
 - Albertson's Baby Basics with Iron
 - Albertson's Baby Basics with Lipids
 - Amway Kozy Kids with Iron
 - BJ's with Lipids
 - Babymil with Iron
 - Best Choice with Iron
 - CVS with Iron
 - Eckerd with Iron
 - Finast with Iron
 - Giant with Iron
 - Good Sense with Iron
 - H-E-B Baby with Iron
 - H-E-B Baby with Lipids
 - Home Best with Iron
 - Home Best with Lipids
 - Hy-Vee Mother's Choice with Iron
 - Kroger Comforts with Iron
 - Kroger Comforts with Lipids
 - Meijer with Iron
 - Nash Finch with Iron
 - Pathmark with Iron
 - Perfect Choice with Iron
 - Price Chopper with Iron
 - Rite Aid with Iron

Iron Fortified Infant Formulas That Do Not Require a Medical Statement in the CACFP (continued)

- Safeway SELECT with Iron
- Stop & Shop with Iron
- Super G with Iron
- Target Healthy Baby with Iron
- Target Healthy Baby with Lipids
- Top Care with Iron
- Wal-Mart Parent's Choice with Iron
- Wal-Mart Parent's Choice with Lipids
- Wal-Mart Parent's Choice Lactose Free with Iron
- Walgreens with Iron
- Walgreens with Lipids
- Wegman's with Iron
- Weis Markets with Iron
- Western Family with Iron

Soy-based Infant Formulas

- Mead Johnson Enfamil ProSobee
- Mead Johnson Enfamil ProSobee Lipil
- Nestle Good Start Essentials Soy
- Ross Similac Isomil Soy with Iron
- Ross Similac Isomil Advance Soy with Iron
- Wyeth-produced private label store brand soy-based infant formulas:
 - Albertson's Baby Basics Soy with Iron
 - Amway Kozy Kids Soy with Iron
 - Babymil Soy with Iron
 - Best Choice Soy with Iron
 - CVS Soy with Iron
 - Finast Soy with Iron
 - Giant Soy with Iron
 - Good Sense Soy with Iron
 - H-E-B Baby Soy with Iron
 - Home Best Soy with Iron
 - Hy-Vee Mother's Choice Soy with Iron
 - Kroger Comforts Soy with Iron
 - Meijer Soy Protein with Iron
 - Nash Finch Soy with Iron
 - Pathmark Soy with Iron
 - Perfect Choice Soy with Iron
 - Price Chopper Soy with Iron

**Iron Fortified Infant Formulas That Do Not Require a
Medical Statement in the CACFP
(continued)**

- Rite Aid Soy with Iron
- Safeway SELECT Soy with Iron
- Stop & Shop Soy with Iron
- Super G Soy with Iron
- Target Healthy Baby Soy with Iron
- Top Care Soy with Iron
- Wal-Mart Parent's Choice Soy with Iron
- Walgreens Soy with Iron
- Wegman's Soy with Iron
- Western Family Soy with Iron

"Follow-Up" Iron-Fortified Formulas, only when served to infants 4 months of age or older who are eating cereal and other baby foods.

- Nestle Good Start 2 Essentials
- Nestle Good Start 2 Essentials Soy
- Wyeth-produced private label store brand "follow-on" formulas:
 - Albertson's Baby Basics 2
 - H-E-B
 - Hy-Vee Mother's Choice
 - Kroger Comforts 2
 - Safeway SELECT 2
 - Target Healthy Baby 2
 - Wal-Mart Parent's Choice 2
 - Wegman's 2

"Follow-Up" Iron-Fortified Formulas, only when served to infants 9 through 11 months of age

- Ross Similac 2 Older Baby & Toddler Formula with Iron
- Ross Similac Isomil 2 Older Baby & Toddler Soy Formula with Iron

MISCELLANEOUS QUESTIONS AND ANSWERS

MISCELLANEOUS

Questions and Answers

1. **Question: Can foods brought in by the parents be used to fulfill meal pattern requirements?**

Answer: No. The participating institution must provide all the required meal components in order to claim the meal for reimbursement. Foods provided by parents must be considered “extras.” Foods that are noncreditable foods (pudding, candy) should only be served after the meal.

2. **Question: Are picnics or cold meals acceptable?**

Answer: Yes. As long as they meet the meal pattern requirements, are provided by the CACFP facility, and meet sanitation guidelines.

3. **Question: Should I force a child to eat? How long is a reasonable amount of time to allow a child to eat?**

Answer: No. Children should not be forced to eat. Give them enough time to enjoy their meal. If they lose interest or dawdle, give them a reasonable time to eat – about 30 minutes – then quietly but firmly remove their food.

4. **Question: Are foods from fast food restaurants creditable?**

Answer: No. All required meal components must be provided by the center.

5. **Question: Is it a requirement that a provider place the required minimum amount of food on each child’s plate or can the provider serve the amount of food the child will eat, then offer seconds, to avoid throwing food away?**

Answer: Under the unitized method of meal service, the full amount of each required meal component must be placed on each child’s plate initially. Seconds may be made available to those children who require more than the minimum portion, such as older children. It is not appropriate to serve less than the minimum required portion, even if seconds are available, and even if the provider knows certain children will not eat what is offered.

Under the family style method of meal service, the full amount of each required meal component must be available to each child on the table, but the child may serve themselves some amount of each portion that may or may not be the full regulatory portion. Under this method of meal service, the provider is required to actively encourage children to take the full regulatory portion. This method of meal service, however, will not completely avoid the need to throw food away. Food that has been placed on a table for service to children is considered “served” and must be discarded at the end of the meal service.

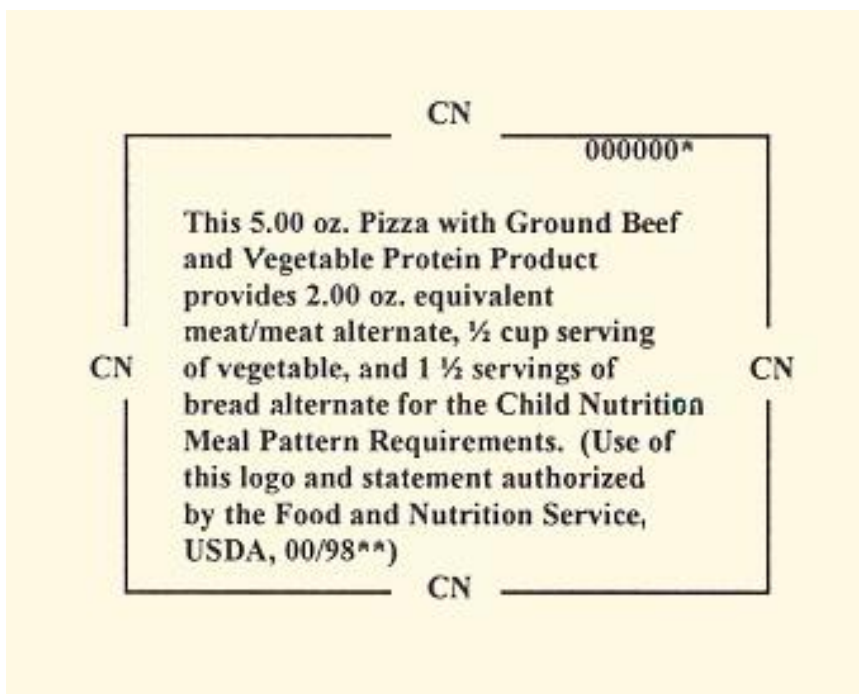
DEFINITIONS AND/OR EXPLANATIONS

DEFINITIONS AND/OR EXPLANATIONS

1. **Alternate Protein Products (APP)** – foods which may be used to resemble and substitute, in part, for meat, poultry, or seafood. These products must conform with the requirements for Alternate Foods for Meals – Appendix A, 7 CFR Part 226.

An alternate protein product is an alternate food to meet part of the meat/meat alternate requirement of the meal patterns for Child Nutrition Programs. However, before using these products and claiming the meals for reimbursement, the criteria outlined on page 20 must be met.

2. **Child Nutrition (CN) Label**
 - Is a voluntary Federal labeling program for the Child Nutrition Programs.
 - Provides a warranty for CN labeled products.
 - Allows manufacturers to state a product's contribution to the meal pattern requirements on their labels.



3. **Child Nutrition Programs** – Programs funded by the United States Department of Agriculture which include: CACFP, National School Lunch, School Breakfast, Special Milk and Summer Food Service.
4. **Combination Foods** – Any single serving of food that contains two or more of the required meal components. For more information on crediting combination foods, see page 111.
5. **Commercial gelatin dessert** (powder form or prepared) – is considered as “other food” and is not a creditable food item.

DEFINITIONS AND/OR EXPLANATIONS (continued)

6. **Component** – A food grouped in a certain category according to the CACFP Meal Pattern; i.e. milk component, meat/meat alternate component, fruit/vegetable component, and the grains/breads component.
7. **Entrée or Main Dish** – The main course of a meal that contains a meat and/or meat alternate.
8. **“Fast Food”** – not eligible for reimbursement.
9. **Fish** – Home caught – not creditable under the CACFP. Can be a safety hazard because of the danger of pollution and contamination.
10. **Game** – Venison, squirrel, rabbit, etc., - For safety reasons, not creditable under the CACFP unless inspected and approved by the appropriate State or Federal Agency.
11. **Home canned foods** – for safety, are not allowed in meals reimbursed under the CACFP. Because clostridium botulinum is dangerous, it can produce an extremely potent toxin in the canned food. This poison can be present in food when there is no evidence of spoilage.
12. **Honey** – should not be given to or used in foods for infants under 1 year of age because it can cause infant botulism.
13. **Infant cereal** – means any iron-fortified dry cereal specially formulated for and generally recognized as cereal for infants that is routinely mixed with breast milk or iron-fortified infant formula prior to consumption.
14. **Infant Formula** – means any iron-fortified formula intended for dietary use solely as a food for normal, healthy infants; excluding those formulas specifically formulated for infants with inborn errors of metabolism or digestive or absorptive problems. Infant formula, as served, must be in liquid state at recommended dilution.
15. **Jello** – is considered as “other foods”; even though it is used to round out or enhance a meal, it is not a creditable food item.
16. **Medical Exceptions** – Substitutions may be made for medical or dietary reasons when supported by a statement from a recognized medical authority. The statement should specify the foods to be omitted from the child’s or adult’s diet, and a choice of foods that may be substituted.

DEFINITIONS AND/OR EXPLANATIONS

(continued)

17. **Product Specification Sheet** (sometimes called a product analysis sheet) – an information sheet obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient in the product by weight. It must have an original signature of a company official, and identify the amount of the component provided by the product.
18. **Reimbursement** – Money received for serving creditable meals and snacks.
19. **Serving size or portion** – described by the weight, measure, or number of pieces or slices. The serving size specified in the meal patterns can be credited toward meeting the meal pattern requirements.
20. **Standards of Identity** – USDA standards for products set legal requirements for content, preparation and labeling before being manufactured and sold in commerce. Standards of Identity set specific (and optional) ingredients a food must contain when a product is to be labeled or identified by a common product name. Standards for meat products are developed by the Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA).
21. **United States Department of Agriculture** – Federal agency which funds Child Nutrition Programs.

APPENDIX A

Criteria for Determining Equivalent Minimum Serving Sizes for Grains/Breads

In lieu of using the serving sizes listed in the Weight Table for Grains/Breads, the contribution of grains/breads in a recipe may be calculated to determine the number of grains/breads servings the recipe provides. The crediting of a food item as a grains/breads serving is determined by the total amount of enriched or whole-grain flour and/or meal in the recipe divided by the number of servings the recipe yields. Bran and germ are calculated in the same manner as enriched or whole-grain flour or meal.

To count as one full serving, an item must contain no less than 14.75 grams of enriched or whole-grain meal and/or flour, and/or no less than 25 grams of dry whole-grain cereal, such as oatmeal, cornmeal, or grits, bulgur, etc. to equal a serving of grains/breads.

See the examples on the following pages.

EXAMPLE 1:

Brownies

1 1/3 cups shortening
1 3/4 cups sugar
1 1/2 teaspoons salt
1 1/2 teaspoons vanilla
7 eggs
3 1/2 cups flour
2 cups cocoa
1 tablespoon baking powder

Yield: 50 servings

Step 1: Determine the weight of the enriched or whole-grain flour and/or meal. (See Appendix A, Part II of the Creditable Foods Guide.)

3 1/2 cups flour (3.5) x 126* grams per cup = 441 total grams of flour.

Step 2: Divide the total weight of the flour and/or meal by the recipe yield.

$$\frac{441 \text{ grams}}{50 \text{ servings}} = 8.82 \text{ grams of flour per serving}$$

Step 3: Divide the grams of flour per serving by 14.75 grams (amount of flour/meal required per serving).

$$\frac{8.82 \text{ grams}}{14.75 \text{ grams}} = 0.6 \text{ grains/breads servings per brownie}$$

One brownie provides 0.6 grains/breads servings. One brownie meets the grains/breads requirement for 1 to 6 year olds for snack (1/2 bread serving). Two brownies meet the grains/breads requirement for 6 to 12 year olds for snack (1 bread serving) or for the SFSP snack requirement.

*See Appendix A, Part II of the Creditable Foods Guide.

EXAMPLE 2:

Oatmeal Cookies

3 1/4 cups flour
2 teaspoons baking soda
1 teaspoon salt
4 cups oats
1 cup sugar
1 1/4 cups brown sugar
1 1/4 cup shortening
3/4 cup + 2 tablespoons margarine
3 eggs
1 tablespoon vanilla
1 1/2 cups raisins

Yield: 100 cookies

Step 1: 3 1/4 cups flour (3.25) x 126* grams per cup = 409.5 grams flour.
4 cups oats x 73* grams per cup = 292 grams oats.

Step 2: 409.5 g. flour divided by 14.75 g. per serving = 27.76 servings
grains/breads
292 g. oats divided by 25 g. per serving = 11.68 servings
grains/breads

Step 3: 27.76 + 11.68 servings = 39.44 servings grains/breads per recipe

Step 4: $\frac{39.44 \text{ servings}}{100 \text{ cookies}} = .3944$

Each cookie provides .4 servings of grain/bread. Two cookies meet the grain/bread requirement for children 1 to 6 years of age for snack (1/2 serving). Three cookies meet the grain/bread requirement for children 6 to 12 years of age for snack (1 serving) or for the SFSP snack requirement.

*See Appendix A, Part II of the Creditable Foods Guide.

Part II – Weights of Commonly Used Ingredients

Use of company or product names does not imply approval or recommendation of the products to the exclusion of others which may also be suitable.

<u>Food Items:</u>		<u>Weight of 1 Cup</u> (grams)
Applesauce	canned	257
Bananas	mashed	226
	slices	145
Carrots	fresh, diced	144
	shredded	109
	strips	121
Cereals	all-bran	61
	bran buds	75
	cheerios	28
	corn chex	29
	corn flakes, whole	29
	crushed	80
	puffed rice	13
	rice krispies	27
	rice chex	33
	wheaties	32
Cheese	cheddar, diced	132
	shredded	98
	cottage, cream style	233
Chocolate flavored chips		167
Cocoa		86
Coconut	flakes	88
	shredded	91
Corn syrup	light	325
	dark	325
Cream	half and half	242
	sour	242
	whipping	232

<u>Food Items:</u>	<u>Weight of 1 Cup</u> (grams)	
Eggs, large	whole, 1 egg = 50 g. white, 1 white = 33 g. yolk, 1 yolk = 17 g.	
Flour:		
Wheat:		
all purpose	-unsifted:	
	dipped	143
	spooned	126
	-sifted:	
	spooned	116
bread	-unsifted:	
	dipped	136
	spooned	123
	-sifted:	
	spooned	117
self-raising	-unsifted:	
	dipped	130
	spooned	127
	-sifted:	
	spooned	106
whole wheat	stirred, spooned	120
Rye:		
dark	unstirred, spooned	128
	stirred, spooned	127
light	unsifted, spooned	101
	sifted, spooned	88
Honey, strained		325
Margarine	regular	225
	soft	208
Milk:		
Whole:	fresh, fluid	241
	evaporated, canned	251
Non-fat, dry	instant	74
Skim	evaporated, canned	246
Buttermilk		243

<u>Food Items:</u>		<u>Weight of 1 Cup</u> (grams)
Molasses		309
Oats, quick (not instant)	uncooked	73
	cooked	246
Oil, cooking		209
Peanut Butter	crunchy	261
	smooth	251
Pumpkin	fresh, cooked, mashed	247
	canned	238
Raisins	uncooked, chopped	162
	whole	144
Shortening, hydrogenated		187
Sugar	brown, packed	211
	confectioners, unsifted	113
	sifted	95
	granulated	196
Walnuts	chopped	120
Wheat Germ		113
Zucchini	fresh, uncooked, diced	130

For items not on the above list, refer to the following USDA publications for additional information:

The Food Buying Guide for Child Nutrition Programs (PA-1331)
 Nutritive Value of American Foods, Agriculture Handbook #456
 Average Weight of a Measured Cup of Various Foods, Home Economic
 Research Report No. 41

APPENDIX B

CREDITING COMBINATION FOODS

Definition: "Combination food" means any single serving of food that contains two or more of the required meal components.

Definition: "Entrée or main dish" means the main course of a meal. The main course is a combination of food which contains a meat/meat alternate as one of the components.

Requirements for meals:

- I. Combination foods served as an entrée or main dish may be credited as the meat/meat alternate plus a maximum of two of the required meal components if amounts of each are sufficient to meet meal pattern requirements:
 - Grains/breads component
 - 1st fruit/vegetable component
 - 2nd fruit/vegetable component (if food item is recognizable)

Examples:

Beef Stew with beef, carrots, potatoes, and onions; credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component
3. Fruit/vegetable component

Chef Salad with egg, turkey, cheese, lettuce, tomatoes, celery, and cucumber; credit as:

1. Meat/meat alternate component
2. Fruit/vegetable component
3. Fruit/vegetable component

- II. Combination foods in dishes served as an accompaniment to the entrée or main dish may be credited for a maximum of two of the following required meal components if amounts of each are sufficient to meet meal pattern requirements:
 - Grains/breads component
 - Meat/meat alternate component
 - Fruit/vegetable component (only one)

CREDITING COMBINATION FOODS **(continued)**

Examples:

Carrots and Peas with cooked peas and carrots; credit as:

1. One fruit/vegetable component

Tossed Salad with lettuce, celery, tomato, and carrots; credit as:

1. One fruit/vegetable component

Fruited Rice with rice, pineapple, peaches, and pears; credit as:

1. Grains/breads component
2. One fruit/vegetable component

- III. Combination foods in beverage form made from milk and solid fruits or vegetables may be credited at breakfast, lunch or supper, and snack as meeting the following meal components if amounts of each are sufficient to meet meal pattern requirements:

- Milk component
- Fruit/vegetable component (only one)

Example:

Banana Cow with banana and milk; credit as:

1. Milk component
2. Fruit/vegetable component (only one)

APPENDIX C

Hot Dogs, Wieners, and Franks

Creditable

Ballpark Beef Franks
Ballpark Premium Kosher Beef Franks
Bryan Beefy Jumbos
Bryan Wieners
Cloverdale Franks
Dubuque Hot Dogs
Farmland Bun Size Bacon & Cheddar Cheese Franks
Farmland Deli Style Cheese Franks
Farmland Deli Style Franks
Farmland Hickory Smoked Franks
Farmland Original Hot Dogs
Kahn's Jumbo Franks
Ohse Hickory Smoked Jumbo Franks
Ohse Hickory Smoked Wieners
Oscar Mayer Original Hot Dogs
Pilgrim Pride Turkey Franks
Wranglers' Beef Franks

Non-Creditable

Amour Stars Bun Size Hotdogs	Gwaltney Great Dogs
Amour Stars Regular Hotdogs	Gwaltney Hot Dogs
Ballpark Fat Free Franks	Healthy Choice Low Fat Franks
Ballpark Lite Franks	Hebrew National Reduced Fat Beef Franks
Ballpark Smoked White Turkey Franks	Hebrew National Beef Franks
Bar-S Beef Franks	Hormel's Fat Free Beef Hot Dogs
Bar-S Jumbo Franks	Hunter Bun Length Franks
Bryan Juicy Fat Free Hot Dogs	Hunter Beef Franks
Butterball Lean Franks	Hygrade's Hot Dogs
Decker Franks	John Morrell's Franks
Eckrich Jumbo Franks	Jennie-O' Jumbo Turkey Franks
Field's Old Fashion Franks	Kretschmar Gourmet Jumbo Franks
Farmland Black Angus Jumbo Beef Franks	Kroger Franks and Wieners
Farmland Bun Sized Gourmet Beef Franks	Louis Rich Bun Length Turkey Franks
Farmland Jumbo Deli Style Beef Franks	Louis Rich Lower Fat Turkey Franks
FMV Hot Dogs	Louis Rich Original Franks
Frick's Franks	Nathan's Famous Beef Franks
Great Value Beef Hot Dogs	Oscar Meyer Fat-Free Hot Dogs
Great Value Pork and Beef Hot Dogs	Oscar Meyer Lite Hot Dogs
	Pilgrim Pride Chicken Franks

This list is not all inclusive and is subject to change with new and different brands. Read the ingredient list carefully. Creditable hot dogs and franks must contain 100% meat (beef, turkey, chicken, pork or a mix of these meats) and contain **no** meat byproducts, cereals, binders or extenders.

4/1/04